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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 31

Boating ban police's job: Feds

Transport Canada issues statement on Bow River debate PAGE 4

Protecting the fairest of them all

Thanks to Mott 50, shielding your skin from the sun no longer means hiding under a tacky sarong PAGE 32

CALGARY metro®

Thursday, July 5, 2012

News worth sharing.

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A HISTORIC WELCOME

Kelly Good Eagle, left, and Ivan Lone Child, centre, of Siksika Nation and Anthony Crowshoe of Piikani Nation stand in front of the new main entrance to the Stampede grounds. The structure commemorates the 100-year relationship between the Stampede and the Treaty 7 First Nations. For the full story, visit metronews.ca. KATIE TURNER/METRO

Perfect storm led to boil-water advisory: Review

Overwhelmed by rain. Officials outline causes of northwest water contamination

The cause behind the boil-water advisory for six northwestern Calgary communities in early June was the result of intense localized rainfall, unfinished exterior site work, and soil erosion, a review has found.

"For us it's extremely rare, this particular kind of event has not happened before," said Dan Limacher, director of water services.

"Our site conditions in this case were just simply overwhelmed by this extreme rain event."

While the reservoir itself was complete, the area around it was not, and the intense rain led to soil erosion. An underground valve chamber was flooded, allowing sediment to enter a feedermain and the reservoir.

Limacher added that part of infrastructure is still isolated and will only go back into service once final site work is completed. In the future, sites will only become operational after all work is fully complete.

He went on to say the other 15 reservoir sites in the city were reviewed and found to be capable of handling such events.

"We have full confidence and we hope Calgarians have full confidence as well that their drinking water is in good hands and not subject to this reoccurring."

A review is underway about communication processes during the event, which will be presented to council in the fall.

TESSA CLAYTON/FOR METRO

In brief

- The communities affected in the advisory were: Hamptons, Hidden Valley, Kincora, Nolan Hill, Sage Hill and Sherwood
- The boil-water advisory lasted from June 7 to June 12.

Pho restaurant owner returns

Steven Tran got his first look at his bullet-ridden and messy eatery since gunmen stormed an after-hours party on the weekend PAGE 3

Not speaking the same language

Riots break out in Ukraine after the legislature passes a bill that would upgrade the status of the Russian language PAGE 16

It's watermelon season

So why not try grilled duck with spicy watermelon glaze? PAGE 36

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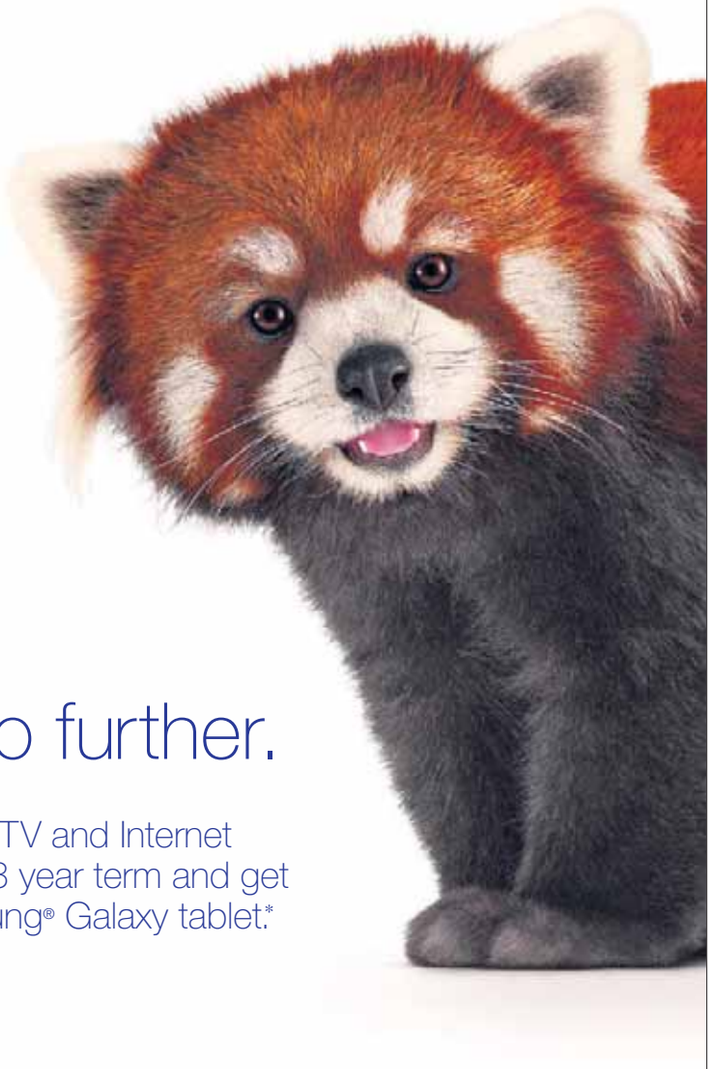

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Stampede centenary

Iconic parade participant fails to make the cut

There will be a certain amount of pink, black and bling missing from this Stampede Parade, without longtime participant Chickwagon.

The women's foundation has been in the parade for the past 13 years, but didn't make this cut, for reasons unknown to president Lorraine Jones.

"There are different categories, but it's really difficult to figure out what they're looking for other than the one criteria 'We're Greatest Together,' which is the theme," she said.

Speaking with Stampede organizers, Jones was told there are no set guidelines, to avoid limiting creativity.

Doug Fraser, Stampede media-relations manager, said the parade committee received more than 275 applications to participate — only 123 were accepted.

The Chickwagon in last year's Stampede Parade. CONTRIBUTED

"These floats have to be updated and revised so that what people are seeing ... is changing every year."

Jones respects how difficult the decisions must have been but she's still disappointed Chickwagon won't be participating.

"It was a little disheartening that after 13 years of seeing the Stampede through thick and thin that they didn't recognize that," she said.

Fraser said there's loyalty to longtime participants, but with the volume of applications, tough decisions had to be made.

Jones doesn't know if Chickwagon will apply next year.

"That's something we're going to have to take under consideration — we've missed out on a really important piece of history here."

TESSA CLAYTON/FOR METRO

Restaurant owners return to scene of gang shooting

Picking up the pieces. Damage inside Vietnamese eatery pegged at under $5,000; owner plans to reopen next week

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Overturned chairs, bullet holes peppered into one wall and damaged countertops greeted the owners of a Calgary restaurant as they returned to the scene of a weekend gang shooting for the first time Wednesday.

Two hooded men stormed Basil Ultimate Pho and Fine Vietnamese Cuisine early Sunday and opened fire. They were likely targeting a suspected member of the FOB or FK gangs, police said Tuesday.

Restaurant owner Steven Tran got his first look at the chaos left behind by 50 attendees to an after-hours birthday party taking place when the shots rang out.

"It's messy," he said. "My main concern now is how long until we reopen this (restaurant) and make it a safe and friendly environment for everyone to be comfortable in again."

Hai Michael Du, a 36-year-old party attendee with no gang connections, was killed in the shooting, and three others were injured. Tran said all of the injured are now expected to recover.

The shooting was the first fatal incident linked to a feud between the FOB and FK Calgary street gangs in more than three years.

Mount Royal University criminologist John Winterdyk said the death of innocent bystanders like Du marks a worst-case scenario for the gangs involved.

"The last thing these gangs want to do is hurt people like you and I," he said. "They know that if they do, there is going to be so much heat coming down on them."

Follow Jeremy Nolais on Twitter @Metro_Nolais

Security system

- Basil Ultimate Pho and Fine Vietnamese Cuisine is typically only open until 8 or 9 p.m., but decided to invite guests over for a special-occasion birthday party Sunday.
- Restaurant owner Steven Tran said he's comfortable with the security system he has in place at the restaurant, which includes four cameras with infrared technology.

Steven Tran, owner of Basil Ultimate Pho and Fine Vietnamese Cuisine, went to work Wednesday with his staff to repair damage to the restaurant caused during a deadly weekend shooting. JEREMY NOLAIS/METRO

1 NEWS

On the web

Don't sweat it!

Whether it's humid conditions or plain old stress, trickles or torrents of sweat will undoubtedly dampen anyone's mood. Now experts are claiming regular Botox injections could bring long-lasting relief to people suffering from excessive perspiration. Go to metronews.ca to read the full story.

Mobile news

The first ever International Panda Awareness Week (known also by the clever acronym PAW) kicks off today in London, England. To see videos of the cutest black-and-white bear on Earth, scan the code.

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Primary care. No stats to back up new health plan, auditor general says

The provincial government is preparing for a multibillion-dollar expansion of primary healthcare services without knowing if they work, Alberta's auditor general says.

Merwan Saher says in his latest report that the province has never done a thorough study on their effectiveness, even though primary-care networks have been around for seven years.

"We found significant weaknesses in the design and implementation of the accountability systems for the (primary-care network) program," Saher said.

He said the lack of information on the primary-care networks should give politicians pause before embarking on the family-care model. For example, he said, while the government has set up five objectives for the networks, it never developed the targets and measures needed to determine if the objectives were being met.

Opposition MLAs say the lack of research is appalling given that Premier Alison Redford wants to build 140 family-care clinics. THE CANADIAN PRESS

Care networks

- Family-care clinics, like primary-care networks, use teams of medical professionals to treat patients so as to prevent clogged emergency wards.
- The province has 40 primary-care networks, which are to receive $170 million from the government this year.

Front-line health. Pharmacists to be paid for extra work

Alberta pharmacists will finally receive compensation for added duties they took on in 2007.

Health Minister Fred Horne said Wednesday that pharmacists will be paid for services, such as administering drug injections and altering prescriptions, that they had previously performed without remuneration.

Since 2007, Alberta pharmacists have had the power to authorize medication in a medical emergency, create a care plan to help patients manage their medications better and, in some cases, prescribe non-narcotic medication.

Horne said the duties are meant to "complement, not replace" doctors.

Neil Cameron, president of the Alberta Pharmacists' Association, called the deal a "milestone" for pharmacists and patients. He said Albertans have the most comprehensive pharmacy services in Canada.

MAURICE TOUGAS/METRO IN EDMONTON

Kyle Graham powers through a section of Harvie Passage on the Bow River on Wednesday afternoon. JEREMY NOLAIS/METRO

Police have power to ban boating on Bow: Feds

Opposition. Calgary kayakers balk at suggestion of putting temporary halt on waterway activity

JEREMY NOLAIS
jeremy.nolais@metronews.ca

A ban on boating in the Bow River is a matter for the Calgary police, federal government officials say, despite claims to the contrary.

On Tuesday, municipal representatives with the bylaw, fire and police departments gathered to re-emphasize concerns about the state of city waterways, which are seeing higher-than-normal stream flows, which are moving nearly twice as fast.

Asked if the city would issue a ban on recreational river use until conditions return to normal, Fire Chief Bruce Burrell said it would take a motion from the federal government.

But a statement from Transport Canada suggests otherwise.

"Under the Vessel Operating Restriction Regulations of the Canada Shipping Act, 2001, the Calgary Police Department has the delegated authority to prohibit the movement of vessels whenever it deems there is a hazard," it reads. "The Calgary Police Department or other local enforcement officers have the authority to prohibit boating."

Police representatives could not be reached for comment late Wednesday.

Provincial officials also downplayed concerns expressed by Mayor Naheed Nenshi over the lack of signs leading to the Bow's trickiest section, the Harvie Passage.

That area was unveiled this year as a safer route to overcome a deadly weir on the Bow, but it has already claimed the life of one rafter and led to more than 30 distress calls from overwhelmed boaters.

"These signs are very obvious when you're on the river," said Jessica Potter with Alberta Environment and Sustainable Resource Development.

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Bow ban? Bogus

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Kayaker Peter Grenier, who is opposed to a Bow River boating ban

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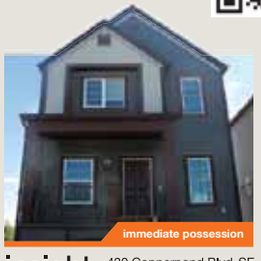

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Fatal accident. Cyclist struck and killed on highway near Okotoks

RCMP say a cyclist riding along a highway near Okotoks was struck and killed while biking with her father.

Around 1 p.m., Okotoks RCMP responded to a call on Highway 7 around four kilometres west of Okotoks.

Police say a 20-year-old woman was hit by a grey Honda Ridgeline when she was having difficulty riding and rode into the eastbound lane of traffic. She was pronounced dead at the scene.

According to a police statement, the woman's father was riding with her at the time of the collision. METRO

Speed eating

Hotdogging Calgary places 7th

Calgarian Nicole Anderson competed with the top dogs in the world of competitive speed eating on Wednesday at Nathan's Famous Fourth of July International Hot Dog Eating Contest.

Anderson finished seventh, scarfing down 16 hotdogs at the event, which held its first Canadian qualifier this year.

Anderson told reporters at the time of qualifying that she initially had no intentions of competing and was signed up by a friend. METRO

Back on shelves

Calgary Beer returning to Cowtown

Calgary Beer is making its way back to Cowtown just in time for Stampede celebrations.

Molson Coors Canada has reportedly shipped 20,000 cases of the beer, marked with the buffalo and horseshoe trademark, to liquor stories across the city.

Calgary Beer hasn't been available in the city for more than two decades but will be returning to shelves for a limited time. METRO

Don't throw that away: animal researchers want your dog's poop for a study examining gastrointestinal parasites. JUSTIN SULLIVAN/GETTY IMAGES FILE

No. 2 study. Dog poop sought by University of Calgary researchers

Animal researchers at the University of Calgary are embarking on some stinky science.

They want dog owners in Calgary to scoop up their pets' poop and pass it on for a study examining gastrointestinal parasites.

Researcher Anya Smith says she hopes to find out how parasites are passed between dogs and other wild animals such as coyotes and rodents in urban parks.

She adds the results of the poo study could prove to be priceless.

And it won't take much work for dog owners.

"It's minimal effort to them," Smith said. "We will pick it up from a household. They don't need to be home. We'll send instructions on leaving it outside."

In exchange for handing over their doggy doo, owners will get lab results detailing the health of their animals. THE CANADIAN PRESS

Quoted

"It's minimal effort to them. We will pick it up from a household."

Anya Smith, animal researcher at the University of Calgary, asks dog owners to pass on their pets poop for a study

MADD lowers expectations for Alberta's impaired laws

Alberta drivers who provide a blood-alcohol reading over .08 face tougher penalties now, but Mothers Against Drunk Driving would like to see more avenues for rehabilitation of guilty offenders. METRO FILE PHOTO

Measures. Rehabilitation component not strong enough here, says CEO

JEREMY NOLAIS
jeremy.nolais@metronews.ca

It's likely a few wobbly drivers have already felt the wrath of the Alberta's new impaired-driving laws.

But the CEO of a major anti-drunk-driving group doesn't believe the new measures will have the same impact as similar laws introduced in B.C. in 2010.

"They certainly didn't go as far as B.C., but this is a big step for Alberta," Andy Murie with Mothers Against Drunk Driving (MADD) said. "In B.C. — and we quite like this program — they give the option of going administratively or criminally for a first (.08) offence."

B.C.'s law sees an automatic 30-day vehicle and licence suspension, but also requires the guilty driver to undergo an assessment for alcohol addiction and install an ignition-interlock system.

Alberta's new law was introduced Sunday and invokes a licence suspension on drivers with a blood-alcohol level over .08 until the matter is resolved in court.

It also includes a condition mandating the use of an interlock system for one year and the government is introducing "planning ahead" courses, but Murie remains unconvinced.

B.C. officials have linked a 40 per cent reduction in fatal collisions involving alcohol to the institution of their new laws.

Alberta Transportation spokesperson Parker Hogan said there are no plans currently to add further to the new impaired laws.

Quoted

"There's no focus in the Alberta program on the rehabilitation."

Andy Murie, MADD CEO

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Committee OK's plan to give fluoride savings to dental-health organization

Dental health. Funding allows organizations to access low-income kids

TESSA CLAYTON
calgary@metro.ca

A plan to put fluoride savings into dental-health programs for children was approved by a city committee Wednesday.

The Alex Community Health Centre and Calgary Urban Project Society (CUPS) were named as recipients of $750,000 worth of savings from last year's removal of fluoride.

Ald. Druh Farrell, who was behind the original motion, said there were many worthy applicants and a lot of research put into the final decision, but these two came out on top.

"Those two stood out because they were for a capital-endowment fund, and it would have an ongoing benefit and many children would be served."

The motion stated the savings must go towards promoting dental health for children from low-income families.

CUPS plans to expand its dental services after moving into their new facility. According to Lorna Curran, funding development manager, their $165,000 will allow them to expand dental services to kids.

"With the city's funding, that will cover a third dental chair and that chair will be completely dedicated to the oral health of children from low-income families."

The Alex will receive $585,000, which will go towards a mobile dental health unit that will provide a complete range of dental services, said Farrell.

Final approval

It's the province's role to provide health services, not the city's, which is why the funding is one-off and based on capital rather than operational expenses, explained Farrell.

- Final approval will go before council in July.

City council decided last year to stop adding fluoride to its water and pass the savings on to community groups that promote dental health for children of low-income families. METRO FILE

Biking teen embarks on West Coast fundraising journey

Noah Epp will bike 1,050 kilometres from Calgary to Vancouver from Aug. 6 to to Aug. 11 in the Ride 4 a Reason tour, which raises funds in support of children living with cancer. ALICIA GERRIOR/FOR METRO

What were you doing at age 15?

Sneaking out of your parents' house, partying, partaking in some type of mischievous activity?

Fifteen-year-old Noah Epp is saving lives.

The Calgary teen is set to endure a gruelling biking adventure and cancer fundraising tour that will take him from Calgary to Vancouver in just six days.

"I met a couple of boys a couple of years ago, and they both had cancer," Epps said.

"One of them passed away, so I wanted to do something to raise money for pediatric-cancer research and to help raise awareness."

The Ride 4 a Reason tour, which begins Aug. 6, will see Epp; his dad, Brent Epp; and a sergeant with the youth-mentorship program, Clare Smart, ride eight to 10 hours a day.

"I'm not really nervous. I hope that we have the wind at our back and not towards us," said Epp.

This isn't Epp's first go at a major cycling challenge.

In 2006, at nine years old, Epp rode his bike from Calgary to Edmonton, raising $30,000 for cancer charities.

This year, Epp hopes to raise more than $250,000.

Brent Epp couldn't be more proud of his boy.

"A lot of kids go through stages where they can get pretty self-centered and he's stepping out of his own comfort zone to do something for other kids," Brent Epp said.

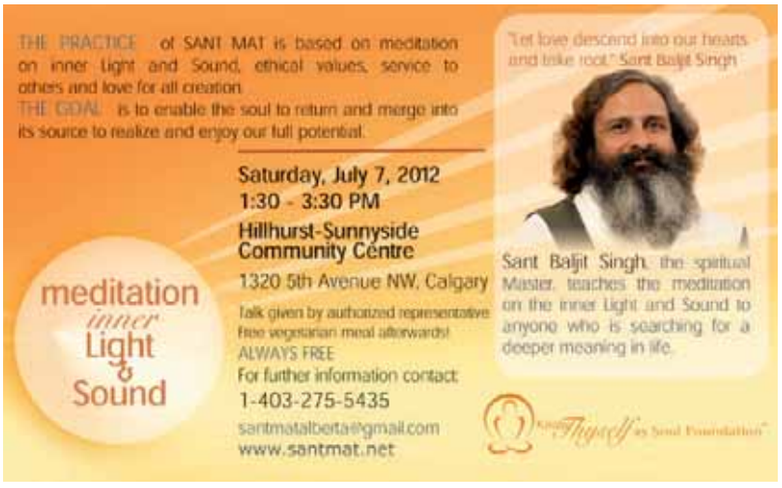
"It's just a selfless act."

ALICIA GERRIOR/FOR METRO

Going the distance

More information on Noah can be found on Facebook at Noah R4R.

- You can travel 3 times faster biking than you can walking while using the same amount of energy.
- Noah's dad said his son is covering the same distances that professional riders do on the long days of the Tour de France.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Jessica Pauletig, community-relations liaison at the Youth Employment Centre, says there has been a big jump in the number of seniors re-entering the workforce — and that some are taking the jobs typically held by city youth. ALICIA GERRIOR/FOR METRO

Seniors, teens vie for coveted openings in summer-job market

Employment. Youth in search of seasonal jobs find themselves competing with more experienced workers

ALICIA GERRIOR
calgary@metronews.ca

Calgarians aged 55 and older are giving teens a run for their money in the hunt for 2012 summer jobs.

Employment among those aged 55-plus rose 5.5 per cent between April 2011 and April 2012, according to Statistics Canada. Many could be heading back to the job market after post-recession retirement losses.

And those 55 and over appear to be after jobs typically held by teens — one area being retail.

"Definitely, there may be some competition with that demographic versus the youth demographic," said Jessica Pauletig, community-relations liaison at the Youth Employment Centre.

"When you're young, it can be hard to compete against someone that many years older and having that much experience," Pauletig added.

Calgary teen Darian Magee, 18, has been struggling to find employment since January.

"I guess I'm not as experienced as the senior citizens," she said.

Claire Arneson, direct hire solutions provider at About Staffing has noticed the trend, but said youth have an advantage over their greying job competitors.

"In some cases, it's harder for more experienced workers to find work because they're viewed as over-qualified," said Arneson.

Semi-retiree, David Sastaunik, 62, scours the Internet for hours every day searching for a job.

Sastaunik said he's become familiar with age discrimination.

"The managers look down on you since they're approximately one half your age," he said.

Edmonton

Health-care worker charged with sex assault

Edmonton police have charged a health-care worker with sexually assaulting two patients.

Investigators say the alleged assaults happened over the past two years at a long-term-care home on the city's south side.

One of the alleged victims is a 33-year-old man who is severely disabled.

The other is a man who has since died.

Police arrested 25-year-old Brandon Harper on Tuesday.

He faces three counts of sexual assault.

THE CANADIAN PRESS

Southern Alberta

Police-college construction contract awarded

After six years of promises, planning and politics the provincial government has awarded the construction contract for a police-training college in southern Alberta.

Bird Construction has been selected to build the $122-million college in Fort Macleod, with work to begin this summer and finish by August 2014.

Mayor Shawn Patience said the college will be a big boost to the economy of the town and the surrounding region, which largely depends on agriculture.

"For a small town of 3,000 people it is going to have a tremendous impact," Patience said Wednesday.

THE CANADIAN PRESS

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U of C study looks at chuckwagon horse deaths

Research. There are 100 chuckwagon horses in the study, which began a few weeks ago and has followed them through a number of chuckwagon races already

John Walters is in his first year on the professional chuckwagon circuit and already knows how painful losing a horse can be.

The rookie driver from Delburne, Alta., is allowing his team to be part of a study by the University of Calgary that is measuring the heart rates and electrical activity of chuckwagon horses. It's hoped the findings could eventually reduce the number of animal deaths.

"It's very emotional. We had one that we lost with a heart failure two hours after the race ... last year," Walters said Wednesday as he prepared his team for a training run. "As a family you sit there and cry. They're family to us, right?"

The study involves the university, the Calgary Stampede and the Moore Equine Veterinary Centre.

Lead researcher Renaud Leguillette and his team is using electrocardiogram (EKG) equipment to monitor horses before, during and after their morning exercise. Selected horses competing in chuckwagon races at the Calgary Stampede are part of the study.

Leguillette said he became interested after several cases over the years in which horses died from heart attacks after competing.

"When I saw that, I thought there must be something we can do for these horses and the first thing to do is to try to understand if there are some risk factors and to see why it could happen and then try to give recommendations to prevent that," Leguillette said.

The data collected will also provide veterinarians with scientific information about when it is physically best to run a horse and when it's best to rest the animal.

The stampede introduced changes last year aimed at making chuckwagon races safer for both horses and competitors. The move came after six horses died in 2010 — two of heart attacks.

THE CANADIAN PRESS

Family matters

"It's very emotional. We had one that we lost with a heart failure two hours after the race ... last year. As a family you sit there and cry. They're family to us, right?"

John Walters, chuckwagon driver

Online

Go to metronews.ca for the latest news

Chuckwagon driver John Walters takes his team out for a training run at the Calgary Stampede grounds Wednesday.
BILL GRAVELAND/THE CANADIAN PRESS

Early a.m. Crews respond to N.E. duplex basement fire

Fire crews were called to the scene of a basement fire early Wednesday morning in the city's northeast.

Around 4:30 a.m., firefighters were called to the 600 block of Whiteridge Way N.E. and, upon arrival, they found one unit of a duplex fully charged with smoke.

A small fire in the basement was extinguished, and the house was ventilated before the three occupants of the home were allowed back in. No injuries were reported, but the Calgary Fire Department says there was not a working smoke detector in the home. METRO

West Nile virus danger

AHS says beware of mosquito bites

With mosquito season upon us, health officials are reminding Albertans about precautions that can be taken in preventing West Nile virus.

Alberta Health Services recommends wearing mosquito repellent with DEET, and wearing long-sleeved, light-coloured shirts and pants.

They also say wearing a hat is helpful, as well as staying indoors around dawn and dusk, when mosquitoes are most active. METRO

Police ask for help

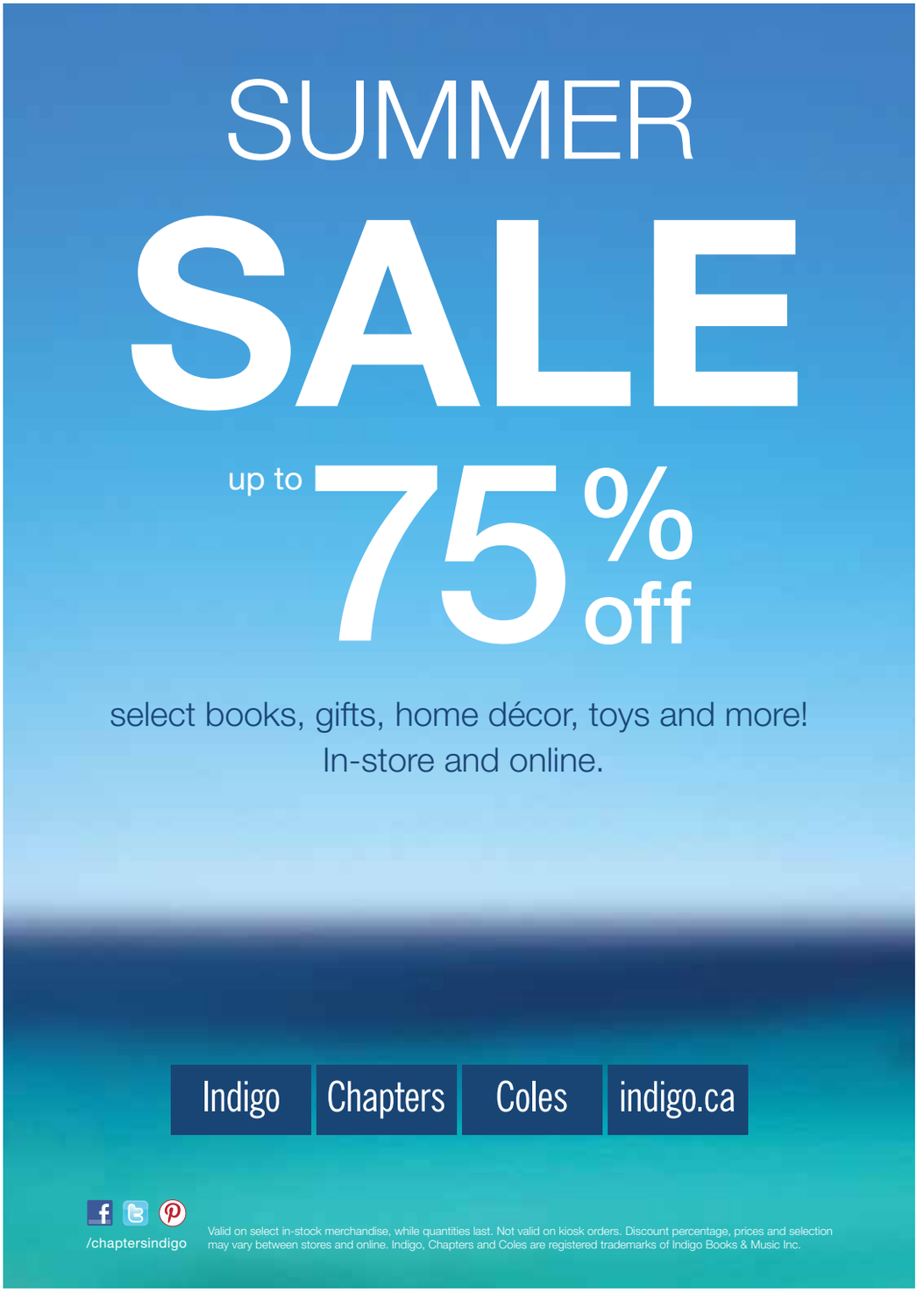
Assistance sought in 2011 bank robbery

The Calgary Police are asking for the public's help in identifying a man who may have information regarding a 2011 bank robbery.

The robbery occurred at a TD Canada Trust bank located in the 3600 block of Brentwood Road N.W.

Photos of the man who may have more information about the case are posted on the City of Calgary newsroom.

METRO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Scientists' 'Eureka moment': God particle exists (they say)

Cheers, ovations. Crowd celebrates discovery of a 'cornerstone,' but is it the real secret of the universe?

Peter Higgs — of the Higgs boson or God particle — is the British physicist who predicted it in the 1960s. He told the audience in Switzerland on Wednesday that the new discovery appears close to what he foresaw.

DENIS BALIBOUSE/THE ASSOCIATED PRESS

The God particle lives! Well, they're pretty sure it does.

To cheers and standing ovations, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle Wednesday.

They called it "consistent" with the long-sought Higgs boson — known as the God particle — that helps explain what gives all matter in the universe size and shape.

"We have now found the missing cornerstone of particle physics," Rolf Heuer, director of the European Centre for Nuclear Research (CERN), told scientists.

"As a layman, I think we did it," he said. But he also declared: "As a scientist, I have to say, 'What do we have.'"

He added: "We have a discovery. We have observed a new particle that is consistent with a Higgs boson."

The Higgs boson, which until now has been a theoretical particle, is seen as the key to understanding why matter has mass, which combines with gravity to give an object weight.

The idea is much like gravity and Isaac Newton's discovery of it: Gravity was there all the time before Newton explained it.

But now scientists have seen something very much like the Higgs boson and can put that knowledge to further use. Fabiola Gianotti, a team leader, did raise a touch of reality, however:

"The dream is to find an ultimate theory that explains everything — we are far from that."

THE ASSOCIATED PRESS

Theory

1960s

Scientists have long puzzled over how the minute building blocks of the universe acquire mass. Without mass, particles wouldn't hold together. A theory proposed by British physicist Peter Higgs in the 1960s is that a new particle must be creating a "sticky" field that acts as a drag on other particles.

Cash

$10B

The Large Hadron Collider — the atom smasher at the European Centre for Nuclear Research — cost $10 billion to build and run. This includes the salaries of thousands of scientists and support staff around the world who collaborated on the experiments that had but one target: Expose the mysterious God particle.

History

WWW

The massive scientific effort that led to the discovery of what is thought to be the God particle has also paid off in other ways — one of which was the creation of the World Wide Web. Scientists developed the web to make it easier to exchange information among each other.

Target

96%

"This is just the beginning," says James Gillies, a spokesperson for the European Centre for Nuclear Research. Scientists also have one other target: They also hope to understand the 96 per cent of the universe that remains hidden from view.

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Birds on west coast eating bellyfuls of plastic: Study

Garbage. Amount of plastic found in the birds is similar to the level of the notoriously polluted North Sea

Seabirds eat everything from twine, candy wrappers and Styrofoam, and their stomach contents show there's been a dramatic increase in plastic pollution off the Pacific Northwest coast in the last four decades, a new study suggests.

University of British Columbia researcher Stephanie Avery-Gomm said the amount of plastic a northern fulmar gobbles up provides a snapshot of the garbage that ends up in a big part of the Pacific Ocean.

The results of the study mirror that of various European countries' research done last year of the notoriously polluted North Sea, although the situation seems to be improving there, Avery-Gomm said.

Necropsies of 67 of the beached gull-like seabirds collected between October 2009 and April 2010 from the coasts of B.C., Washington and Oregon indicated nearly 93 per cent of them had bellyfuls of plastic, she said.

Avery-Gomm said the results of the study, published online in the journal Marine Pollution Bulletin, suggest plastic pollution should be monitored annually and people need to be aware of the long-term effects of what they're tossing out.

"Anything that gets into a river, anything that gets into the sewage system, anything that ends up on a beach is probably headed straight for the ocean."

While many countries have documented plastic debris in the marine environment, no standard technique has been used, and the lack of consistent methodology has made it difficult to monitor trends or to compare plastic pollution between different regions of the world, the study says.

THE CANADIAN PRESS

By the numbers

454

University of B.C. researcher Stephanie Avery-Gomm says one bird had 454 pieces of plastic in its gut.

Non-food stomach content found in a northern fulmar bird in a University of British Columbia study is shown in a handout photo. THE CANADIAN PRESS/HANDOUT

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Pakistan. Mob kills man accused of ripping Qur'an

Thousands of people dragged a Pakistani man accused of desecrating Islam's holy book from a police station in central Pakistan, beat him to death and then set his body on fire, a police official said Wednesday.

The incident highlighted the highly charged nature of Pakistan's blasphemy laws, under which anyone found guilty of insulting Islam's Prophet or the Qur'an can be sentenced to death.

Sometimes, however, people take the matter into their own hands.

A senior police officer, Mohammed Azhar Gujar, said in the incident Tuesday in Bahawalpur, a city in a deeply conservative part of central Pakistan, attackers stormed a police station where the man was being interrogated.

Gujar said police tried to protect the man, but the mob turned violent.

THE ASSOCIATED PRESS

Call to punish

The victim was arrested after residents said he threw pages of the Qur'an into the street.

- While the man was being questioned, some people started making announcements over mosque loudspeakers, urging residents to go to the police station and punish him.

Argentina

Verdict awaited in stolen-babies trial

Verdicts are being prepared in Argentina's historic stolen-babies trial. Two former dictators and a handful of other retired military and police officials are accused of systematically stealing kids of leftists who were kidnapped and killed when a military junta ran the country three decades ago. The sentences are expected Thursday night after a year-and-a-half-long trial. Prosecutors want 50-year sentences for former dictators Jorge Rafael Videla and Reynaldo Bignone. More than 100 of stolen babies have been able to recover their birth identities through DNA tests. THE ASSOCIATED PRESS

Egyptians fear vigilantism after sweethearts attacked

An Egyptian boy holds a poster of Ahmed Hussein Eid during his funeral procession in Suez, Egypt, Wednesday. THE ASSOCIATED PRESS

Islamism blamed. 20-year-old stabbed after a group of men tell unmarried couple they should not be together

An Egyptian university student was fatally stabbed as his girlfriend looked on after three suspected Islamic militants confronted the couple in a park and told them they should not be together if they are not married, security officials said Wednesday.

The murder is fuelling fears that vigilante groups may be seeking to strictly enforce Islamic mores, emboldened by the election of Islamist President Mohammed Morsi. Moderate Muslims along with liberal and women's groups worry that Morsi's presidency will slowly eradicate Egypt's entrenched secular traditions and change the social fabric of the mainly Muslim nation of 82 million people.

The student, 20-year-old Ahmed Hussein Eid, was attacked on June 25 in the Red Sea city of Suez east of Cairo while he was with his girlfriend in a quiet park that is a favourite spot for romantic rendezvous, according to the officials. It was not immediately clear what the two were doing when challenged by the three men who arrived on a motorbike.

But the officials, citing initial testimony of the girlfriend, said the men told the couple they must immediately leave and go their separate ways. An argument followed and one of the three men stabbed Eid in the upper left thigh, near his genitals. He was hospitalized and died of his wounds a week later on Monday, according to the security officials who spoke on condition of anonymity because they were not authorized to talk to the media.

THE ASSOCIATED PRESS

Seeking retribution

"My son's blood will not be wasted.... If you don't get me retribution, then my son's blood is on you."

The victim's father, Hussein Eid, addressing President Mohammed Morsi.
Eid also said he would seek retribution for his son if the police don't catch the culprits.

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Syria's future

France, Britain open to 'tougher' intervention

France and Britain say they will push for tougher UN action against Syria if a transition plan doesn't bring a quick end to the violence.

Frustration in some quarters is growing with a UN-brokered peace plan that could allow President Bashar Assad to take part in a transitional government.

French Foreign Minister Laurent Fabius says if the roadmap isn't applied fast "then we would come back to the United Nations" for tougher measures, including those that could allow military intervention.

THE ASSOCIATED PRESS

Syrian President Bashar Assad
THE ASSOCIATED PRESS

'Deliberately started'

Turkey battles blazes along Syrian border

Turkish firefighters were battling several blazes along the Turkish-Syria border on Wednesday in areas that thousands of Syrians have crossed to flee the fighting in their country.

Mehmet Harbi, a forestry official, claimed the fires were "deliberately started" at four different points on the Syrian side of the border and spread to Turkey due to strong winds.

Turkey's state-run TRT television said Syrian forces are believed to have started the fires to deny shelter to rebels along the border area. Harbi and TRT provided no evidence to substantiate their claims.

More than 35,000 Syrians are living in refugee camps on the Turkish side of the border that were opened to care for the many people fleeing Syria's unrest. Sporadic clashes between Syrian forces and activists also have occurred on the Syrian side of the border.

THE ASSOCIATED PRESS

Group claims dozens of attacks across Syria

Al-Nusra Front.
Terrorist group says it is responsible for string of armed raids and suicide bombings in Syrian cities

An al-Qaida-inspired group claimed responsibility for dozens of attacks across Syria, the latest evidence that extremists are exploiting the chaos to make inroads in another Middle Eastern country.

The Syrian regime has long blamed terrorists for the 16-month-old revolt, and the presence of al-Qaida groups creates new difficulties for Arab and Western countries trying to help force President Bashar Assad from power.

The opposition and the rebel Free Syrian Army deny having any links to terrorism, and say they do not have the desire or the capabilities to carry out massive suicide bombings and other al-Qaida-style attacks.

On Tuesday, the SITE monitoring group, which tracks jihadist chatter on the Internet, said the Al-Nusra Front released statements on extremist websites in late June claiming the attacks were to avenge the killings of Syrians by the government.

One of the attacks targeted a pro-regime television station in the town of Drousha, south of the capital, Damascus, on June 27. Seven people were killed in the attack on Al-Ikhbariya TV.

Al-Nusra said the station is an arm of the regime and the attack sought to make the station "taste from the cup of torture" and force every member of the regime to wonder: "When will my turn come?" The statement included photos of 11 men it said were kidnapped in the attack.

Other attacks in the latest claim of responsibility include dozens of armed raids and bombings — including suicide bombings — in Syrian cities.

Little is known about Al-Nusra, although Western intelligence officials say it could be a front for a branch of al-Qaida militants from Iraq operating in Syria. The group has claimed responsibility for a string of attacks in Syria, including suicide bombings, in the past.

In February, al-Qaida chief Ayman al-Zawahri called on Muslims to support Syrian rebels. "Wounded Syria is still bleeding day after day, and the butcher (Bashar Assad) isn't deterred and doesn't stop," al-Zawahri said at the time. He took over al-Qaida after Osama bin Laden was killed by U.S. special forces last May.

Although the Syrian opposition disavows links to terror, the presence of al-Qaida among the forces fighting to oust Assad is a serious complicating factor for the international powers that say they want to help the opposition without empowering extremists along the way. THE ASSOCIATED PRESS

Syrian regime

Assad's powerful allies

The Syrian regime is dominated by members of the Alawite sect, which is an offshoot of Shiite Islam. Sunnis make up most of the population of 22 million and are the backbone of the opposition.

Assad has been able to count on backing from powerful allies like Russia and Iran. On Wednesday, Iranian President Mahmoud Ahmadinejad said Syrians should decide their own fate. According to his website, Ahmadinejad told the visiting speaker of the Syrian parliament that others must not impose their will on Syria. THE ASSOCIATED PRESS

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This citizen-journalism image released by Shaam News Network purports to show anti-government demonstrators in Kafr Susa, near Damascus, Syria. The partial translation of the Arabic reads: "Thank you Anan, so look where we will kill." SHAAM NEWS NETWORK/THE ASSOCIATED PRESS

Escalation. Conflict has potential to spread beyond Syria's borders

More than 14,000 people have been killed since the Syrian uprising began, according to activists. Despite global outrage over the crackdown by the Assad regime, the international response has been focused entirely on diplomacy and sanctions as the violence escalates.

Military intervention has been all but ruled out in Syria for now, in part because the conflict has so much potential for escalation. Damascus has strong allegiances to powerful forces including Lebanon's Hezbollah and Shiite powerhouse Iran.

There already are signs of a looming, regional conflict.

Syrian forces shot down a Turkish military plan on June 22. Syria says the plane violated its airspace, but Turkey said the plane was hit over international waters.

The violence in Syria has grown increasingly chaotic over the course of the uprising, which began in March 2011 with mostly peaceful protests. Government forces launched a ferocious crackdown on the demonstrations, leading many people to take up arms.

THE ASSOCIATED PRESS

UN peace plan

In Geneva on Saturday, an international conference of world powers accepted a UN-brokered peace plan for Syria. But the group left open the key question of whether Assad could be part of a transitional government.

- The U.S. backed away from insisting that the plan explicitly exclude Assad from any role in a new Syrian government, hoping the concession would encourage Russia to put greater pressure on its longtime ally to end the crackdown.
- But the possibility that Assad could stay made the plan a nonstarter for those fighting to topple his regime.

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Riot erupts in Ukraine

Language law.
Parliament speaker resigns after legislature passes bill to upgrade status of Russian language

Opposition activists clashed with riot police in the centre of Kyiv, the Ukrainian capital, Wednesday and the parliament speaker resigned after the legislature passed a bill that would upgrade the status of the Russian language.

The bill, which must be signed by the president to become law, would leave Ukrainian as the only state language but allow the use of Russian in Russian-speaking regions in courts, education and other government institutions.

Quoted

"I have been fooled, Ukraine has been fooled, the people have been fooled."

Parliament Speaker Volodymyr Lytvyn told Ukrainian lawmakers.

Members of Ukraine's pro-Western opposition say such a law would effectively smother the Ukrainian language by removing any incentive for millions of Russian-speaking Ukrainians to learn and speak it. They also say it would bring Ukraine back into the Russian orbit and torpedo its efforts to forge closer ties with the European Union.

Lawmakers loyal to President Viktor Yanukovych, who draws his support from the Russian-speaking east and south, rushed the bill through Parliament on Tuesday night, without giving the opposition much chance to oppose it in a debate.

Parliament Speaker Volodymyr Lytvyn, who was absent during the vote, announced his resignation Wednesday, calling the vote illegitimate, despite the fact that his own party voted for it. Seven national lawmakers announced a hunger strike.

About 2,000 protesters, some clad in traditional embroidered shirts, staged an angry protest against the bill outside a government building in the centre of Kyiv on Wednesday.

THE ASSOCIATED PRESS

Opposition protesters spray tear gas against riot police in front of the Ukrainian House in central Kyiv, Ukraine, Wednesday. Activists have clashed with riot police during a protest against a controversial bill that would allow the use of Russian in official settings in Russian-speaking regions. EFREM LUKATSKY/THE ASSOCIATED PRESS

'Illegal gathering'

Officer injured in Montreal brawl

A police officer was injured and 14 people arrested early Wednesday at the scene of a brawl in Montreal North.

Police were called to a confrontation involving as many as 20 people near a commercial building. When officers moved in to make arrests, a 36-year-old female officer suffered a head injury when she tried to contain one of the suspects. The suspects, aged between 16 and 20, are scheduled to appear in court Wednesday.

THE CANADIAN PRESS

House arrest

Stanley Cup rioter spared jail time

A repentant Stanley Cup rioter has been spared jail time, despite the recommendations of Crown prosecutors. Robert Snelgrove has been sentenced to three months of house arrest, which he must serve at his parents' home in Coquitlam, B.C. The 25-year-old surrendered to police the day after the June 15, 2011 riot in Vancouver.

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Mourners react outside the Our Lady of Fatima Parish in Elliot Lake, Ont., on Wednesday, after the funeral of 74-year-old Doloris Perizzolo, who died in the Algo Centre Mall roof collapse. KENNETH ARMSTRONG/THE CANADIAN PRESS

Town mourns victim of mall roof collapse

Funeral. Crowd packs parish to say their goodbyes to one of two women killed in accident that has sparked public inquiry

A capacity crowd packed a church in a bereaved northern Ontario community Wednesday to pay their respects to one of the victims of a deadly roof collapse at a local shopping mall.

Rev. Paul Conway said more than 320 people came to Our Lady of Fatima parish to pay tribute to Doloris Perizzolo, who was remembered as a good neighbour.

The 74-year-old was one of two women killed when a section of roof came crashing through the Algo Centre Mall on June 23.

The accident crippled local commerce in the small community, touched off a criminal investigation led by the provincial police force, and sparked a public inquiry ordered by the province's premier.

Perizzolo was eulogized by a long-time friend who shared memories of growing up side-by-side, and regaled the audience with anecdotes of her friend's kindness and consideration as a neighbour.

THE CANADIAN PRESS

Investigation

Outrage over the collapse prompted Premier Dalton McGuinty to order a public inquiry late last week, drawing support from the opposition.

- Police have also launched their own investigation into the accident, though OPP spokesman Sgt. Pierre Chamberland wouldn't comment on a report that the investigation stems from information about the building's record of unaddressed maintenance problems. The Ministry of Labour paid six visits to the mall over the last three years.

Minor shake-up

Fantino gets Oda's job in swift cabinet shuffle

Prime Minister Stephen Harper swiftly shuffled his front benches Wednesday following the resignation of embattled International Co-operation Minister Bev Oda. The hole created by Oda's resignation on Tuesday had been expected to be filled later this summer in what could have been a wide-ranging shake-up, but ended up being only a minor change. Oda was replaced Wednesday by former associate defence minister Julian Fantino.

THE CANADIAN PRESS

Magnotta case. Body part found in Montreal park belongs to Jun Lin: Police

Montreal police have confirmed that the human remains found Sunday in a park belong to Jun Lin.

Lin's torso was found in a suitcase in late May, while other body parts were mailed to offices of political parties and to two schools. Police have said the only missing body part was Lin's head.

"Major-crimes squad investigators just got confirmation," Const. Anie Lemieux said.

Luka Rocco Magnotta has been charged with first-degree murder in Lin's death.

THE CANADIAN PRESS

Jun Lin is shown in this undated photo from Facebook. HANDOUT

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9303 34th Avenue NW
Abbotsfield Mall
Bonnie Doon Mall
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Edmonton City Centre West
Kingsway Mall
Millwoods Shopping Centre
Northgate Centre
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Westmount Mall
Londonderry Mall

FORT SASKATCHEWAN
Fort Mall

ST. ALBERT
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Seven Oaks Mall

BURNABY
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6551 No. 3 Road†
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Richmond Centre Mall

SURREY
8334 128th Street
15299 68th Avenue
7028 120th Street
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VANCOUVER
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116 Davie Street
1160 Davie Street†
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New Hampshire

Fireworks explosion sets house ablaze

A fireworks explosion ignited on a home's back deck set it ablaze Tuesday night and filled it with smoke, injuring at least nine people, police said.

When police officers and firefighters arrived at the home around 7:30 p.m., there were lots of fireworks in and around it, the police department said.

WMUR-TV in Manchester reported that the fireworks ignited on a back deck.

The nine injured people ranged in age from infant to adult. Two children were taken to Boston hospitals for treatment.

A neighbour who lives on a street behind the home in Pelham, a town of about 13,000 residents an hour drive south of Concord, said the people who live in the home set off fireworks every year for July Fourth.

THE ASSOCIATED PRESS

Brazil

Student fakes her kidnapping to avoid project

Police in northeastern Brazil say a college student has confessed to faking her own kidnapping as an excuse for not handing in a year-end university project.

Para state's civil police say on their website that 22-year-old Susan Paola Fadel Correia initially alleged she was abducted last week by three men, then was tied up and held for 24 hours before being released.

A police statement says she acknowledged Wednesday that the story was false and that she spent the 24 hours that she was supposedly missing at the home of a friend. It quotes an officer as saying Fadel explained that she "didn't want to upset her mother" with news of her problems at school.

She has been charged with making false accusations.

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Sizzling in the States

No independence from heat. U.S. Fourth of July festivities hampered by extreme temperatures

George Washington never had air conditioning, but he knew how to keep cool: a mansion with lots of windows elevated on the banks of a wide, rolling river and lots of ice cream, maybe with a little brandy.

It was a little like the old days without electricity Wednesday, as the nation's capital region celebrated Independence Day the better part of a week into a widespread blackout that left millions of residents sweltering in temperatures at or above 32 C without air conditioning. Utilities have slowly been restoring service knocked out by a freak storm Friday from the Midwest to the Mid-Atlantic, and at least 26 people have died in the storm or its aftermath.

In New York, about a dozen disabled soldiers — most triple or quadruple amputees — visited Ground Zero ahead of the usual throng of tourists. The visit was intended to salute service members who survived the post-9-11 wars to become miracles of modern medicine, and to promote two charities raising money for homes custom-built to ease their burdens.

Many other Americans simply abandoned their holiday plans due to the power outages and the heat.

THE ASSOCIATED PRESS

Campaigning continues

- U.S. President Barack Obama attended a naturalization ceremony at the White House for active service members from 17 countries. Military families were invited for a barbecue and to watch fireworks on the South Lawn.
- Presumptive GOP presidential candidate Mitt Romney has spent most of the week off the campaign trail with his family in Wolfeboro, N.H., but took time Wednesday to march in the town's Fourth of July parade.

Mary Wade Ballou sprays the crowd with a water gun as she passes on a float during the South Walton Fourth of July Parade in Seaside, Fla., on Wednesday. While the country celebrated Independence Day, many Americans were partying the old-fashioned way — without power — due to a widespread blackout. NICK TOMECEK/ NORTHWEST FLORIDA DAILY NEWS/AP

Undead academy: Professional zombies

Zed Events provides professional zombies for an undead experience. HANDOUT

Dying for work.

Brain-eating can be a serious career path in a booming industry

KIERON MONKS
Metro World News

With Europe in economic misery, new opportunities are emerging in the zombie sector. A company providing zombie experience days is recruiting and training an army of the professional undead.

"We train them how to act in character," Zed Events' head of recruitment Pete Owen told Metro. "We work on timing, movement and subtle voice techniques — from small growls to full screams. The key is to build tension."

Zed Events now has three centres in the U.K. and a zombie staff of around 25. Many have no background in acting, but receive a four-week crash course.

The professional zombies are installed in a derelict house where they stalk and attack the visiting public, who shoot at them with BB guns.

"Accidents do happen," says zombie Tanya Faenowa. "We get training in how to take a hit and fall safely but getting shot can hurt."

Zed Events is set to expand again, with plans to establish centres in the U.S. and Asia. This reflects a wider boom in the zombie economy around the world — research in 2011 found that zombies contributed over $6 billion to the U.S. economy through movies, games and, increasingly, experience days.

Participants in a Zed event have the chance to shoot the zombies with BB guns. HANDOUT

Thriving industry

Live scare attractions give birth to academies

Jason Karl, editor of Scareworld magazine and creative director of the AtmosFEAR! scare entertainment group, told Metro that "the scare entertainment industry is growing massively." He estimates there are 170 live scare attractions in the U.K., employing thousands of people. In addition, a new Scream School training academy for actors is "creating a higher level of professionalism."

The industry continues to grow despite the economic climate. Karl has been able to employ 36 Greek actors at a new House of Fear in Athens, and will take on 113 British actors in the next four months. METRO

According to Jason Karl, editor of Scareworld magazine and creative director of the AtmosFEAR! scare entertainment group, there are 170 live scare attractions in the U.K. HANDOUT

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'Phablet.' Larger smartphones expected to find consumer niche

Take one part smartphone and one part tablet and what have you got? Phablets, a newer breed of mobile device that's expected to compete with the smaller-sized tablets now flooding the market.

Phablets aren't going to kill tablets or smartphones but they will be a viable niche product, said Sascha Segan, lead mobile analyst for PC Magazine.

There's only one major phablet currently available, the Samsung Galaxy Note with its 13.5-centimetre touchscreen. It looks huge beside the 8.9-centimetre iPhone but is considerably smaller than 17.8-centimetre tablets like Research in Motion's BlackBerry PlayBook and the 24.6-centimetre iPad. LG has also revealed plans to release a phablet, the Optimus Vu.

"Most phablets look like you are holding a slice of bread up to your head, or some other similarly awkward object," Segan said from New York.

But as consumers make fewer phone calls, size isn't expected to matter.

Tech trends firm ABI Research predicts more than 208 million of these hybrid devices will be shipped by 2015. THE ASSOCIATED PRESS

iPhablet?

- Apple will begin selling a cheaper, smaller iPad by year-end, to help maintain dominance of the tablet market as Google and Microsoft prepare competing hand-held devices, reports say.
- The product, likely to be announced by October, won't have the high-definition screen featured on the iPad, sources say.

Hybrid device

"They'll start dropping their smartphones and pick up these phablets."

Sascha Segan, lead mobile analyst, PC Magazine

Spraying scorn on the banks

Protesters spray champagne as they demonstrate against what they describe as a "close relationship between bankers and politicians" outside Portculis House in London on Wednesday, as former Barclays Bank chief executive Bob Diamond gives evidence to the British Treasury Select Committee. Diamond acknowledged on Wednesday that there had been "mistakes" and "reprehensible" behaviour at the bank as he appeared before British lawmakers. CARL COURT/GETTY IMAGES

U.K. media scandal

Investigator must reveal phone-hack names: U.K. court

Britain's Supreme Court says a private investigator must reveal who ordered him to hack voice mails on behalf of a tabloid newspaper.

Glenn Mulcaire was jailed briefly in 2007 for eavesdropping on the phone messages of royal aides on behalf of the now-defunct News of the World.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.7¢ US (+0.07¢)

TSX 11,913.87 (+65.12)

OIL $87.05 (-61¢)

GOLD $1,615 US (-$6.80)

Natural gas: $2.91 US (+1¢)
Dow Jones: (Markets closed)

Takeover. Maple bid for TMX gets nod

The longstanding proposed takeover of the TMX Group cleared a number of key regulatory hurdles on Wednesday, perhaps most importantly from the Competition Bureau.

The federal regulator said it will not challenge the attempt to takeover the operator of Canada's major stock exchanges by the Maple Group Acquisition Corp., a factor that could've potentially sidelined the transaction.

Meanwhile, the Ontario Securities Commission gave its approval and published final recognition orders for the deal which values the TMX Group at $3.8 billion.

Maple spokesman Luc Bertrand said the approvals were "a very major milestone" for the consortium of 12 Canadian banks, pension funds, brokerages and insurers leading the bid.

"My understanding is that it was a lot of work between the bureau and the OSC (to) satisfy that post-transaction there would be a regulatory structure that addresses the bureau's concerns," he said in an interview.

Competition Commissioner Melanie Aitken said the bureau had serious concerns, but that they had been addressed.

"While the bureau has an independent mandate to review mergers, the bureau provided input and advice to the OSC for its consideration relating to the potential impact on competition that could result from the proposed transactions," Aitken said in a statement.

The proposed takeover still requires approval by the British Columbia and Alberta securities regulators, though Bertrand expressed confidence in both.

The Maple consortium has already extended its deadline several times as it awaits full approval for the plan, which would see it control as much as 90 per cent of trading activity in Canada.

Takeover talks have stretched on for more than a year, starting first in February 2011 when a merger was announced with the owner of the London Stock Exchange.. When that transaction was defeated by shareholders, the TMX threw its support behind the Maple bid last October.

Maple now believes that the transaction can close before the end of July, the latest deadline set by the consortium. THE CANADIAN PRESS

Trend. Greek yogurt takes off in Canada

As Greece sinks daily deeper into financial crisis, a humble staple of the Greek diet has become a billion-dollar business in North America.

Greek yogurt is flying off supermarket shelves in Canada after conquering the U.S. market. The high-protein content, natural ingredients and creamy taste have made it a hit with consumers in a health-conscious culture.

Canadian producers have doubled and tripled facilities to meet increasing demand and grocery retailers have experienced temporary shortages, leaving consumers scrambling for the latest holy grail of a healthy diet.

Chobani, the American company founded by an immigrant Turk that made Greek yogurt a phenomenon in the U.S., has entered the Canadian market with Loblaws and plans to go national in the fall. Existing yogurt manufacturers have jumped on the bandwagon, debuting new lines of Greek yogurt products to compete.

Greek yogurt is flying off the shelves at grocery stores across Canada. PAWEL DWULIT/TORONTO STAR

Food retailers are clearing shelf space to stock up on a product that is ruling groceries the way Olympic mittens ruled 2010.

"I can't remember the last time I've seen anything this strong. It's been explosive in growth, unbelievable," said Carlo Noce, category manager for dairy at Longo's grocery chain.

Greek yogurt began rising in popularity about 18 months ago in Canada.

Loblaws has experienced occasional shortages in its private brand and there were some shortages of Danone and Liberté in February and April. Longo's experienced some shortages at the outset as well, said Noce. Shortages at Sobey's have also been reported.

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HE SAYS...
John Mazerolle
metronews.ca/hesays

Hey, remember when summer weather was something to look forward to?

That was a real nice season we had once.

But with soaring temperatures, stifling humidity and more frequent disasters, summer feels vaguely threatening — like a guy who smiles too widely all the time.

Recognizing that extreme weather is still dangerous regardless of the season is only common sense, which makes it impossible for most people.

That's why there can be an extreme heat alert, a smog advisory, a tornado watch, a skin pustule warning and a forecast of partly locust-y, and there'll still be some guy on the TV news having a beer on a patio and gushing about the "awesome" weather. If there was a flood he'd talk about how he loves to swim while he floated away on his chair.

Fortunately for you, this column recognizes the dangers and has a few tips to keep the dog days from biting.

As you enjoy this season

"Don't say, 'Hot enough for you?!' This will cause people to punch you in the nose, and they'll be right to do it."

Keeping it cool: DOs and DON'Ts

DO congratulate yourself on your safety consciousness when you realize the chances of you doing anything strenuous, such as having sex or working a job, are zero.

DON'T go jogging mid-day. Going at dawn will make the run more enjoyable, due to fewer people pointing and saying, "Look at the crazy person."

DO drink from a canteen, so that when it's empty you can melodramatically turn it upside down and shake it.

DON'T use a hand fan, unless you're a fading southern belle and can say things like, "I do declare, it's hot enough to parboil an egg in my cleavage," without sounding silly.

DO check in on elderly or sick neighbours, so you can get first dibs on their stuff.

DON'T say, "Hot enough for you?!" This will cause people to punch you in the nose, and they'll be right to do it.

DO drink eight glasses of water a day. It's a totally made-up number with no scientific foundation, but people my age have been spouting it our whole lives, so just do it or we'll feel stupid, alright?

DON'T jump headfirst into an oasis, no matter how dehydrated you are. It's usually a mirage. Telltale signs include palm trees growing in Canada and hammocks strung up in major cities. If you're still not sure, toss a co-worker.

DO leave animals in your car, but only if you intend to eat them later. Free-Range Rover is delicious.

DON'T leave behind Conservatives, even if the window is open a crack. When you return, you may find them sweaty and confused, frothing at the mouth and ranting that climate change is a myth. This is normal. If a Conservative says anything logical, call 911 immediately.

Those are the keys to a safe summer, so long as you also avoid gas barbecues, choking hazards, major highways, dying birds, disease-carrying mosquitos and cancerous sunshine.

Remember that if you see any TV reports that show an entire week without any kind of death, disease or disaster, it's probably a mirage. And, above all, have a good time.

Summer is here, that means rule No. 1 is to be extra cautious while having fun — danger looms behind every corner. GETTY IMAGES

Black Widow conquers 45 hot dogs

MARIO TAMA/GETTY IMAGES

10 minutes to gold

Aficionados hold their titles

Five-time hot dog eating world champion Joey Chesnut, left, and women's world record holder Sonya Thomas 'stare down' at the Nathan's Famous Fourth of July International Hot Dog Eating Contest ceremony.

Thomas, of Alexandria, Va., beat her own record by gobbling down 45 hot dogs and buns in 10 minutes Wednesday to win the women's competition at the annual Coney Island contest. GETTY IMAGES

Previous record

41

The petite Thomas, who goes by Black Widow, won $10,000 US. The previous women's world record was 41 dogs and buns in 10 minutes.

Contest tradition

Dog-eat-dog world

Joey Chestnut ate his way to a sixth straight win, tying his personal best in a sweaty, gag-inducing spectacle.

The 28-year-old San Jose, Calif., man nicknamed Jaws scarfed down 68 hot dogs in 10 minutes in the sweltering summer heat to take home $10,000 US and the mustard yellow belt. He bested his main rival by 16 dogs. The Nathan's Famous Fourth of July International Hot Dog Eating Contest has been a city tradition for 97 years.

THE ASSOCIATED PRESS

After it all went down

"I feel good, it was a great win ... I tried my best. I'm looking forward to next year already."

Joey Chestnut, after the contest, adding he wished he could have eaten a record number of hot dogs for the audience.

Watch the video at metronews.ca

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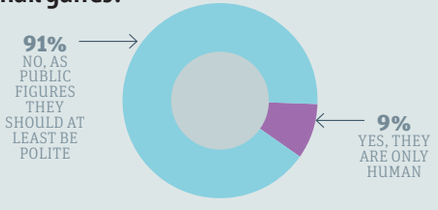

Twitter

@tamaradimepiece: soo a well needed rant is in order. devonian gardens in #yyc is now open....and its terrible! they ruined such an amazing place

@SwinkeyTodd: You know you're moving when you eat three meals a day from 7/11 #yyc #gross

@BrodeurNJ30: Downtown #yyc is hopping this week. Stampede!

@jonas_1235: There's more people in this mall right now, than all the kardashian weddings combined. #tdsquare #yyc

@farrzy: Just pulled into the fairmont #YYC. Welcomed w a huge Dodge Ram blasting horn yelling "move that piece of shit!" Welcome to @cityofcalgary

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SCENE

Scene in brief

Hudson's TV role a segue to Broadway?

After winning an Academy Award and a Grammy, Jennifer Hudson is taking a roundabout route to give theatre a try. She'll appear on the second season of the television musical drama series Smash in a multi-episode arc as a Broadway star named Veronica Moore. On Smash, Hudson will join fellow American Idol alum Katharine McPhee, who's one of the show's main characters. "It's just the perfect opportunity," Hudson, a fan of the NBC show, said in a recent interview. She also admitted the show may be a way for her to ease into an appearance on Broadway.

THE ASSOCIATED PRESS

On the web

Amazing Spider-Man snares $7.5M in midnight screenings ahead of Fourth of July

Corb Lund's Stampede roots

Corb Lund is playing five shows during the Stampede at the Martha Cohen Theatre. HANDOUT

100 years of Calgary Cowboys. Ex-steer rider turned country music star teams up with folk legend Ian Tyson to swap songs and share stories

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Corb Lund's Stampede roots run deep.

Not only did the Canadian country music star's grandparents and parents participate in Calgary Stampede rodeos (his mother was a two-time barrel racing champion in the late 1950s), Lund was also a rather successful steer rider.

"The highlight of my steer-riding career was winning some money in 1981," he recalls with a smile during an interview at a Kensington café.

The Alberta-raised singer and songwriter has long explored western themes in his music, and this year he's helping celebrate the Stampede's centennial with five shows at the Martha Cohen Theatre alongside folk legend Ian Tyson.

Titled 100 Years of Calgary Cowboys, the duo will perform each other's songs and regale the audience with tales of Alberta's western heritage.

"It's going to be the two of us sitting on chairs, swapping songs," Lund explains.

"I wanted to call it Broncos, Ballads and Bullsh–, but it was vetoed. It's my official name for it."

Lund says he and Tyson have been "practicing our faces off" learning songs and digging into the history of The Calgary Stampede and the province, starting with the pioneers who moved west and the herds of cattle that came up from Texas.

"We'll move into the origins of the rodeo and then songs about the modern west," he says.

"We just picked a bunch of tunes to fit the arc. It's going to be kind of casual."

Although Lund has opened for Tyson in the past, it's the first time the pair will perform together.

Lund got the idea last year after interviewing Tyson during a Calgary book launch event for Tyson's autobiography.

"It was really fun," he says. "I got a lot of stuff out of him about his career and the old days that I'd never heard before. I thought it would be cool to do something like that again, but this time with guitars."

Newest place on the block

- **100 Years of Calgary Cowboys: An Evening of Stories, Songs and Memories with Ian Tyson and Corb Lund July 9, 10, 11, 14 and 15.**
- Tickets can be purchased online at epcorcentre.org or by calling 403-294-7455.
- Corb Lund's new album, Cabin Fever, is released Aug. 14 through New West Records.
- Cabin Fever was recorded mostly live off the floor and Lund describes it as "four guys in a room drinking beer and having fun."

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Business as usual for the Cruise engine

New film. Paramount begins pushing new crime drama Jack Reacher as star deals with divorce from Katie Holmes

Tom Cruise's crime drama Jack Reacher opens Dec. 21. HANDOUT

Tom Cruise's personal life may be in upheaval, but it's still business as usual for the studio promoting his next movie.

Paramount Pictures has released the trailer for Cruise's crime drama Jack Reacher, which opens December 21.

The trailer launched on Cruise's 50th birthday with Tuesday's debut of The Amazing Spider-Man.

The start of the movie's marketing campaign coincides with the breakup of Cruise's marriage to Katie Holmes, who filed for divorce last week.

The divorce has brought fresh scrutiny to Cruise's ties to Scientology.

His beliefs played a role in Paramount's split with the actor in 2006 over his discussion of his religion and his erratic behaviour regarding his romance with Holmes.

Paramount has since made up with Cruise, releasing his blockbuster Mission: Impossible: Ghost Protocol to a $690 million worldwide haul.

"Tom is a huge movie star for the right reason. He's a very talented actor whose movies have entertained millions of fans," Paramount said in a statement.

"His ability to make a great movie, as we saw with the most recent installment in the Mission: Impossible franchise — the most successful of the series to date — is the thing that moviegoers remember above all else."

Adapted from a novel by Lee Child, Jack Reacher stars Cruise as an ex-military investigator caught up in the case of a sniper accused of killing five people.

THE ASSOCIATED PRESS

Documentary

Katy Perry: Part of Me

Director. Dan Cutforth, Jane Lipsitz

Stars. Katy Perry, Shannon Woodward, Lucas Kerr

●●●○○

This new documentary shows Katy Perry's genuine affection for her followers, so it is no surprise that Part of Me is geared toward pleasing her Katycats. Intercut with lively performances from the wildly successful Teenage Dreams tour are musical numbers galore, visits with her slightly grumpy grandmother and interviews with her staff and friends. It's only when the tour nears its end and Perry's marriage is in tatters that the movie is revealing. RICHARD CROUSE

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Sunridge Spectrum
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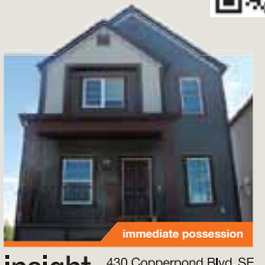
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Third time a charm for Taylor Kitsch?

Savages. Oliver Stone drug flick allows actor redemption shot after back-to-back flops

Taylor Kitsch plays a California marijuana dealer in the movie Savages.
MATT SAYLES/INVISION/THE ASSOCIATED PRESS

Taylor Kitsch struck out twice this year in the failed films John Carter and Battleship, spoiling the Friday Night Lights actor's hopes to leap from TV to big-screen star.

Now, Kitsch has a third time at bat with Oliver Stone's drug-war thriller Savages, opening Friday.

While the actor regrets the two previous movies flopped, he's actually a bit relieved that he can take jobs as they come without having to work around sequel schedules had those films developed into franchises.

"Maybe it's a blessing in disguise that it died, and I'm not tied to these things for the next 10 years," said Kitsch, 31. "I'm free to do whatever I want now. If I want to do something in January, February, March, April, I don't have to go through two studios to be green-lit."

Still, Kitsch started the year with the prospect of two studio blockbusters that could have given him steady work for years to come in the continuing adventures of Edgar Rice Burroughs' Mars hero Carter and in more tales inspired by the board game Battleship.

With a bloated budget and fan indifference that resulted in feeble domestic box office of just $73 million, John Carter inflicted a $200 million loss on distributor Disney and helped precipitate the departure of the studio's chairman, Rich Ross.

Universal's Battleship did fair business overseas ahead of its domestic debut, but it floundered at U.S. theatres in the wake of the blockbuster receipts hauled in by The Avengers.

Yet Kitsch doesn't regard the films as wasted efforts. "I feel I grew an immense amount as an actor. On so many levels, it tested me. I wouldn't change a thing. I wouldn't take any of those choices back," Kitsch said.

"I love what I'm doing. I've started to get excited again, and I think, obviously, it was hard on me that they didn't work. You have bosses, we all have bosses, you want to do well for them. But I gave everything I had."

That dedicated work wasn't lost on Stone, who had seen Kitsch on Friday Night Lights and cast him in Savages after catching an early cut of Battleship.

Adapted from the novel by Don Winslow, Savages features Kitsch as a take-no-prisoners U.S. veteran of the war on terror, who partners with his best pal (Aaron Johnson) to run a Southern California marijuana business growing and selling the world's finest weed.

Kitsch and Johnson's characters are hurled into a bloody battle with a Mexican drug cartel in Savages, whose cast includes Blake Lively, John Travolta, Salma Hayek and Benicio Del Toro.

"He was very masculine, a very strong and attractive guy but seemed like a solid guy, a guy who could be an ex-Afghani, Iraqi war veteran who would back his man to the end and bring his team out with him," Stone said of Kitsch.

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Canada's own

- Kitsch grew up in British Columbia and got his start in Hollywood in such movies as Snakes on a Plane and John Tucker Must Die before landing a starring role on Friday Night Lights.

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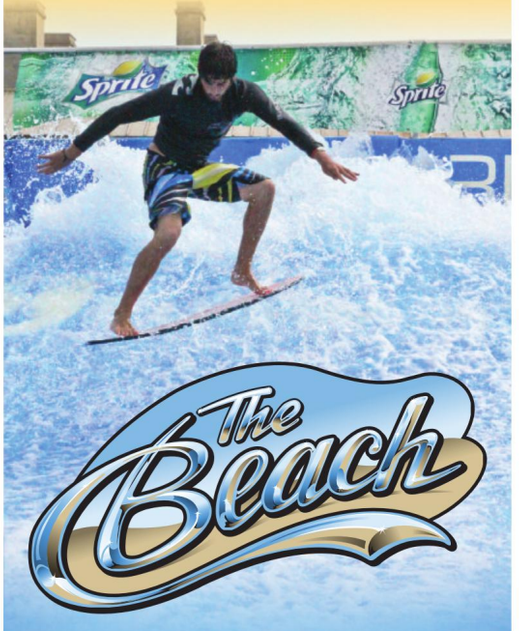

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Wheeling and dealing ain't easy

TV. Vancouver's Liquidator makes his living finding treasures in trash heaps

Jeff Schwarz, right, looks at new fabric arrivals. Haggler, trader and owner of Vancouver's largest liquidator store Schwarz, introduces viewers to the world of moving discarded merchandise. HANDOUT

The fast-paced world of haggling and trading is the theme of the new reality TV show The Liquidator, where it's all about getting the best price for used merchandise.

But it's not as easy as it looks, insists Jeff Schwarz, star of the show and owner of Direct Liquidation, billed as Vancouver's largest liquidator store.

Items for sale can run the gamut from hot sauce to tools to clothing.

"Anything and everything that you can possibly think of we've picked it up," Schwarz said during a visit to Toronto ahead of the show's premiere, Thursday at 9 p.m. on OLN.

Each of the 13 30-minute episodes shows a day in the life of Schwarz's business, from getting a tip and checking out cheap goods to then finding a buyer and making a deal. Characters include Ron, the soft-spoken general manager of Schwarz's warehouse, and Sheldon the bailiff who always has insider scoops about the source of the next haul.

"I can guarantee you that every show can have at least something completely different," Schwarz says. "And I'm not always a winner."

The 43-year-old illustrated this point with a story from his career, in which his profit on one item was a far cry from what it earned for someone else.

"I had a vase once that sat on my freezer for three months. It had no markings and I put it in a sale and I got $400 for it. A week later I saw it portrayed in an antique collectibles magazine at another estate and it sold for like $7,000."

Schwarz has been wheeling and dealing for about 20 years.

He said he was being told as early as high school that he should be in business rather than pursuing his intended career of forestry. He ended up in construction and hurt his back.

While his injury was healing he was at a Christmas party where family members were discussing what to do with the possessions of his wife's late great aunt.

"Somebody said we have this estate here and we don't know what to do with it. I was off work anyway so I asked how much did you get offered and the guy said $450 and I said I'll give you 500 bucks, so I started selling stuff at a flea market," he continued.

"Literally for two to three years every Saturday and Sunday I was going to the flea market. I was also going to school at the time because of my back. I had to get out of construction. When I got out of school I realized I didn't have anything or any money.

"I had one last cheque, which was for $1,200, and I bought a whole household of furniture for $1,300.... I put it all in an auction and actually did OK and from there moving forward I got more and more involved in buying and selling."

It morphed into a lucrative career in which he has tried everything from working at an auction house to opening a discount store to buying and selling storage lockers.

All the deals on the show are real, said Schwarz.

"It's a lot of hard work and people can learn something from some of the stuff that goes on. It's totally real.... It's not what I say I can get for it. It's actually what it was."

Luck doesn't usually enter into dealing, Schwarz has learned.

"Just because you hear of one guy who buys a painting for $50 and sells it for $200,000 I would probably ask that guy how many garage sales he's went to before he hit one. You know, there is always beginner's luck. I've had some of it. Luck is only self-created so you've got to be that person there seven days a week.

"You've got to be there before everybody else and you've got to beat everybody to the punch. There's always somebody behind your shoulder looking for that same spot, so you've got to make the decision then."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Heidi Klum ALL PHOTOS GETTY IMAGES

Heidi Klum remains sour on marriage

"I don't know if I'll get married again," Heidi Klum, model and host of Project Runway, tells newspaper Bild am Sonntag.

After seven years of marriage, she separated from husband/singer Seal earlier this year.

"Although I really enjoyed being married. I'm a dreamer. I loved our annual fairy tale weddings that were our big family parties. But sadly, it somehow didn't work out."

That said, she's remained optimistic about the future, even if it doesn't involve a partner.

"I think everyone should work on their dreams," she told the paper. "I try to. I look into the future, concentrate on my family and I have to say that I'm happy. There are worse things in life than a separation."

The Word

Frank attracts an Ocean of attention by coming out

SAM CASTONE
Metro World News

A few days after newscaster Anderson Cooper revealed he was gay, an entertainer from an entirely different spectrum also shared something about his sexuality... with potentially groundbreaking results.

"Four summers ago, I met somebody. I was 19 years old. He was too," wrote singer and songwriter Frank Ocean, a member of hip-hop collective Odd Future, on his Tumblr page.

"We spent that summer, and the summer after, together. Everyday almost. And on the days we were together, time would glide. Most of the day I'd see him, and his smile. Sleep I would often share with him. By the time I realized I was in love, it was malignant. It was hopeless. There was no escaping, no negotiating to the women I had been with, the ones I cared for and thought I was in love with."

He goes on, leaving the reader to guess he is either gay or bisexual.

In the hip-hop world, being openly gay is uncommon, and Ocean is the most high-profile urban artist to ever publicly address being with a man. In fact, one of Ocean's collaborators, Tyler, the Creator, has been accused of being homophobic.

About Ocean, Tyler tweeted: "My Big Brother Finally Fucking Did That. Proud Of That Nigga Cause I Know That Shit Is Difficult Or Whatever. Anyway. I'm A Toilet."

Hip-hop legend Russell Simmons wrote on his own blog congratulating Ocean.

"Today is a big day for hip-hop. It is a day that will define who we really are. How compassionate will we be? How loving can we be? How inclusive are we? I am profoundly moved by the courage and honesty of Frank Ocean…."

Ocean has written songs for Justin Bieber, John Legend and Beyoncé, and appeared with Jay-Z and Kanye West on Watch the Throne.

His new album, Channel Orange, debuts July 17.

Brad Pitt

Move over Brad, Doug Pitt has arrived

Brad Pitt once starred in a Super Bowl Heineken commercial, and has made more than 30 ads in Japan alone (for Edwin jeans and other products).

But he better watch out, because his brother, Doug, just scored an ad with worldwide buzz. Appearing in an Australian commercial for Virgin Mobile, Doug (Brad's real bro) is seen as a boring suburban guy wearing khakis, taking an inordinate amount of pleasure from mowing the lawn, cooking and doing other household chores. The gag is that he's the anti-Brad.

Twitter

@iamrashidajones
Celebrating July 4th in London is a little like baking yourself a birthday cake and then eating it alone in a dark closet. #IMissFireworks

@AlbertBrooks
BREAKING NEWS: There is a God.....particle.

@Tyrese
Acting Advice::. The day you STOP caring about how fly and sexy you are you might have a real shot at being an actress or actor...

@JerrySeinfeld
The reason every "Seinfeld" character greeted with "Hey,(name)" was secret tribute to #andygriffith-show #true #andyandbarn4ever

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3 LIFE

Fashion Flash

Bottling Bon Jovi: Avon picks rocker as newest perfume partner

Jon Bon Jovi is going Unplugged in a bottle. Avon Products Inc. announced Monday that the 50-year-old rock star is the company's newest celebrity fragrance partner. He'll appear in ads for both Unplugged for Her and Unplugged for Him. The company said the inspiration for both scents is the unique feeling one has listening to a favourite song. The goal is "an emotional connection." The women's version, which will be available through Avon representatives and online in October, is a floral oriental perfume, and the men's is a woody floral musk fragrance. It will go on sale in November. Both Avon and Bon Jovi said admiration for each other's involvement in philanthropy largely drew them together as partners.

THE ASSOCIATED PRESS

On the Web

Designer presses the limits of patience: 60 hours of fashion in Band of Outsiders' Paris show

Soak up some sun

Summer. Mott 50 is the fashionable solution to sun safety, and co-founder Anne Botica Reilly explains why their label is set to shine

RICHARD PECKETT
life@metronews.ca

Safety has never been a sexy subject. It's always been a difficult sell, especially for fashion brands.

Ironically, it's a world that attracted Monique Moore and Anne Botica Reilly to launch their sun-protective label Mott 50 (mott50.com).

The brand is named after their old apartment's street (Mott Street, New York City) where the concept came to fruition in March 2011.

Moore and Reilly intended to take full of advantage of the female shift in attitude towards tanning and skin preservation.

Reilly explains, "I have a history of skin cancer in my family, so I have seen the direct effects — my aunt passed away and my mother is currently affected."

However, despite advances in skin care, the reality is that skin cancer among young people is on the rise. The World Health Organisation states that every year 132,000 melanoma skin cancers and two to three million non-melanoma skin cancers occur globally and this is set to rise. This can be attributed to the depletion of the ozone; however, that doesn't free us from our responsibility for self-preservation.

Luckily, UPF (ultraviolet protection factor) clothing doesn't have to resemble a poncho or be as coarse as a hair shirt.

"We could see that a lot of the stuff was not that desirable for women to wear — it's uncomfortable on the skin." Reilly adds, "We have customers who like the fabric and the way that it looks — the added value is the UPF50 element." The failing of many other UPF labels is that they allow the safety aspect to dominate the aesthetic at the expense of the look.

Reilly admits, "It isn't a high-end fashion brand at all but we do try to play on the trends." Currently, Mott 50 offers wardrobe staples such as cardigans, crewnecks, henleys, tunics, shifts, maxi dresses and short and long-sleeved shirts for guys. "We look to the designers like Ralph Lauren, Burberry Prorsum and Thakoon, so we do try to make our label a little more funky," says Reilly. The biggest challenge for the design duo is sourcing fabrics. At the moment they use materials such as cotton poplin and bamboo spandex but they're working on expanding their remit.

The way that the process works is that clothing manufacturers pour in a blend that closes the porosity of the fabric to prevent harmful UV penetrating the skin. Alarmingly, "the average white T-shirt only has a UPF of five," says the Chicago native. Shocking, but does such a limited collection have any real future, given the amount of skin sun-care products now available? Reilly certainly believes so,

"Advances in sun care actually helps our business. It raises awareness for our products and stresses the need for labels like ours."

As well as being stocked in stores such as Neapolitan, New York, the girls plan to increase their men's wear line next season and are hoping to launch a children's wear collection next summer, which Reilly describes as "a huge market."

GAP Bandeau one piece GAP

Mott 50 tunic MOTT 50

Mott 50 tunic MOTT 50

Insert your face above MOTT 50

Anne Botica Reilly, left, and Monique Moore MOTT 50

Summer skin-care

SMOOTH

Malin + Goetz chamomile treatment

$68, malinandgoetz.com (available mid-July)

TONE

Clinique skin tone correcting lotion SPF 20

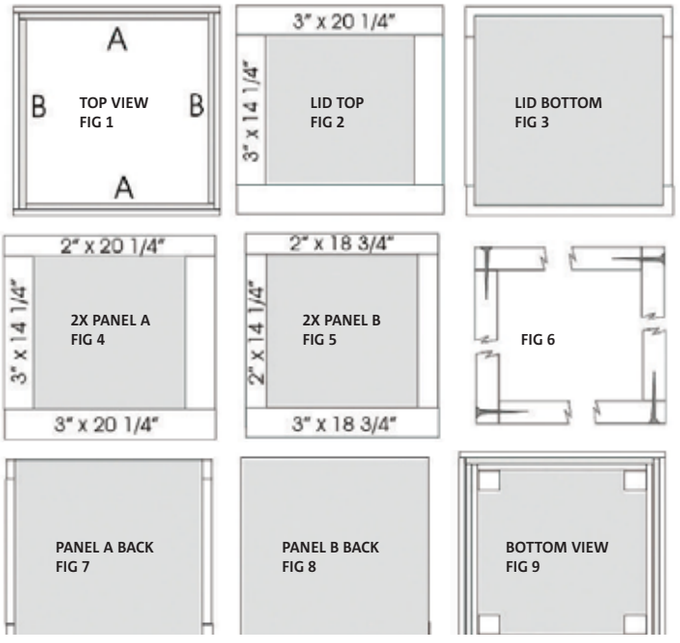
$45 clinique.com

PROTECT

Shiseido: Urban environment UV protection cream plus SPF50

$30 shiseido.ie

Wooden Letter Block Box



The Build

- Buy three pine panels (pictured 18" x 36) and cut two in half.
- The remaining panel will be cut into 2 panels of 17" sq.
- Attach the four sides together with staggered joints.
- Drill pilot holes, countersink, glue and screw together – 3 screws per edge. (see fig. 6).

Trimming the panels

- Cut the trim from the 2" and 3" pine (fig. 4 & 5).
- Start with panel "A" (fig. 4) place boards on box to check fit
- Make the 2" board flush with the top. Ensure that there is a ¾" overhang on both sides.
- Glue back of the board and clamp to the box.
- Screw from the inside of the box with pre-drilled holes and countersink the 3 screws.
- Repeat for two sideboards and bottom board.
- Rotate box 180 degrees and attach the trim on panel "A" and repeat the first step.
- Flip box 90 degrees and attach the "B" panel (see fig.5).
- Flip 180 degrees and attach last panel to the box.

Top and bottom

- The 3" trim will extend 1 1/2" past the edge of the lid panel
- Start with top strip, glue and screw it, then attach the two side strips then the bottom piece.
- Allow glue to set
- Meanwhile, cut some 2" pine and glue and screw it on the bottom of the pine panels to support the bottom panel.
- Drop in the bottom panel from the top, glue and screw from the bottom.
- Cut 4 3" square blocks and attach to each corner allowing wheels to be fixed to the box.
- Cut the quarter round molding to the bottom edge of the box and glue in place.
- Cut the molding and run it down the inside corners up to 3/4" from the top.
- Uncovered screw holes should be filled with wood filler and give the whole thing a thorough sanding.

Instructables: 'The world's biggest show and tell'

DIY. How a personal project developed into a professional business model — founder and designer Eric J. Wilhelm dishes on his website and some of its wacky intentions

RICHARD PECKETT
richard.peckett@metro.lu

Yes, it sounds like the latest do-gooder, superhero movie but Instructables.com is in fact a globally-known self-help site with projects and solutions for everything from technology to food recipes.

The concept behind the platform was born from founder Eric J. Wilhelm's passion for building his own kite-boarding equipment during the sport's early beginnings in 2000. He recalls, "Half of the kit would perform spectacularly and half would fail spectacularly — the coast guard was called on multiple occasions."

Does yours look like this?
CONTRIBUTED

He documented his progress on his personal website, which soon garnered the attention of fellow kite boarders who were keen to discover the designer's tips. The California-based Wilhelm says, "It was taking just as long to write a web page on how to make a kite board as it did to build the equipment — I needed a tool to make that easier."

His solution was to set up Instructables.com, a spin-off of Squid Labs (engineering design and technology innovation company), which he co-founded with a few M.I.T. alumni. In layman's terms, Instructables is as stated in "How to Start a Business" (yep, there's an instructable for that too): "the world's biggest show and tell" platform for users to upload projects and solutions.

Wilhelm says that in just six to nine months they had almost one million visitors. "We ran the site for five years and in August 2011 we were acquired by Autodesk." In an age obsessed with documentation and social networking, it seems likely that the Instructables' community of like-minded DIY-ers will continue to flourish.

Try one for yourself on the left.

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Style your home after Thompson Hotel

Accents of orange pop off crisp white and espresso neutrals at Toronto's Thompson Hotel. THOMPSON.COM

Hotel chic. Pops of colour and organic lines make comfortable style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Thompson Toronto is Thompson Hotel's first international property outside the United States and opened two years ago in the King West Village, connected to the entertainment and financial areas, and walking distance to the Toronto island airport.

Designed with signature crisp lines by New York design firm Studio Gaia, the hotel's 102 guest rooms feature classic dark wood floors, cool white walls, organic and mid-century modern furnishings along with bright pops of fashionable orange. The look has now become synonymous with chic condo buildings around the country's largest city.

The rooms are crisp, modern and resemble oversized condo living with large windows boasting city views.

Lifestyle amenities include a rooftop lounge and pool area — the first of its kind in Toronto. Recreating the Thompson look is easy. Keep it clean-lined with neutral tones while adding a pop of colour such as orange, purple or turquoise. Here are a few affordable 'Thompson-esque' products to help you get this look in your own abode.

Super-charged with colour and easy-to-care-for bedding adds style for less. Karit blanket and pillow cover, $50, Ikea.ca

Useful yet trendsetting in orange makes for the perfect lamp. Carpenter Lamp, $80, CB2.com

Industrial legs with natural bone top gives a high-end contemporary look. Bone Side Table, $239, WestElm.com

Modern, chunky designs add a timeless feel with natural wood. Ronan Two Drawer Nightstand, $380, CrateAndBarrel.com

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Etiquette

Dealing with stinky summer feet

With summer here, I loathe to wear socks. How can I wear my shoes without socks, and how can I keep my shoes — and feet — from smelling? Also, is there an etiquette when it comes to going sock-less when you visit a friend's place? Should you remove your shoes?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Only the asparagus should smell like feet at a dinner party. ISTOCK

First, let's make sure you are wearing the right shoes! If you are going to go "sock less" than traditionally you would never do so in laced shoes. Usually the shoe that is used is a "loafer" style shoe.

Now remember this is a casual style of dressing and is most appropriate socially. You should never go to work or out for a business dinner dressed without socks, it is just too casual a dress attire.

Now the problem with feet no matter who you are is that they naturally perspire (sweat), thus leather or plastic shoes combined with sweat generally smells.

So what to do?

First to state the obvious, clean fresh-washed feet are an important must. Secondly, let your shoes air dry with a dash of baby powder or talcum powder to absorb the moisture and help remove it.

Now the etiquette of when to wear shoes "sock-less" is also important.

If you know you are going to go to someone's home and be asked to remove your shoes, then never go "sock-less" as it is rude to walk around their home in your bare feet, even if you have clean feet.

If you arrive somewhere unexpectedly, and must remove your shoes, then always ask for a pair of slippers.

Now go enjoy the summer in your bare feet on a beach somewhere!

Heirloom veggies prized by many gardeners

More bang for your bite. Enthusiasts love the stories, flavour and strength of heirlooms

As recently as a decade ago, the word "heirloom" was used to describe jewels, furniture or handicrafts — one-of-a-kind items of uncommon quality or design — that were passed down by families over generations. Now, that tag is just as frequently attached to vegetables, fruit and flowers.

Enthusiasts say heirloom vegetables offer more flavour, nostalgia and authenticity.

"I think it's all about the flavour," said Kathy Mendelson, a botanist from the Seattle area and author of a website called The Heirloom Vegetable Gardener's Assistant.

"Nobody wants a plateful of bland for dinner, and the best of the heirlooms have flavours that are complicated — delicate, bold, sweet, not sweet, rich, distinctive and more," Mendelson said.

Halladay's Mortgage Lifter tomatoes developed in the Depression's 1930s. SEED SAVERS EXCHANGE/THE ASSOCIATED PRESS

These Chocolate Beauty peppers mature from green to mellow brown. SEED SAVERS EXCHANGE/THE ASSOCIATED PRESS

Nostalgia plays an important part, too, she said, but heirlooms are more than just sentimental favourites: "For example, they can have to do with family, community, certainly with culture, and also History with a capital 'H' — researched and documented."

What's not to love when growing tomatoes given such descriptive names as "Radiator Charlie's Mortgage Lifter," "Brandywine," "Trucker's Favourite" or "Amish Paste"?

Tomatoes are the favourite, but have been eclipsed in the marketplace by hybrid varieties created for disease resistance, appearance and longer shelf life. Squash, potatoes, beans, peppers, cucumbers, carrots, herbs and melons also are popular. THE ASSOCIATED PRESS

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Grilled Butterflied Duck with Spicy Watermelon Glaze

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Watermelon goes beyond dessert and duck steals the spotlight

Chef Elizabeth Karmel recently spent what she calls "two glorious barbecue-filled weeks" in Austin, where she happily cooked for 1,200 hungry folks at a food festival.

While these events tend to be busy, they also involve a fair amount of down time. In this case, that down time was while Karmel patiently waited for 50 briskets to slowly smoke to tender perfection. To fill the time, she decided to experiment with smoked duck.

Karmel had an idea to try something new that would make the ducks cook faster with less tending, and deliver a crispier skin. She also decided to up the flavour ante and celebrate one of the classic tastes of summer by bathing the ducks in a spicy watermelon glaze. This is the result.

1. Glaze: In a blender, purée the watermelon flesh until smooth. Set aside. In a small, heavy-bottomed saucepan over medium, heat the apple jelly, stirring constantly, until it is melted. Add the watermelon juice and stir to combine. Stir in the lime zest and juice, red pepper flakes, jalapeno hot sauce and salt. Mix and taste, adjusting the seasoning if desired. The glaze can be used warm or cooled. It can be refrigerated in a tightly sealed jar for up to 2 days.

2. Heat one side of a grill to medium and the other side to low. During cooking, if you get flaring from the duck fat, you may need to turn off the low side completely.

3. Use paper towels to pat dry the duck. Using poultry or kitchen shears, cut along each side of the duck's backbone and remove it. Turn the duck breast-side up. Open the 2 sides of the duck as if you were opening a book, and lay it flat. Break the breast bone by firmly applying pressure and pressing down. Tuck the wing tips under the upper wing and place on a sheet pan. Set aside.

4. In bowl, mix salt, pepper and cayenne. Brush the duck all over with olive oil. Season lightly on both sides with the spice rub. Place the duck skin-side up directly on the grill grates on the cooler side of the grill. Grill for about 2 hours.

5. After 2 hours, brush the glaze on the duck. Continue grilling for another 20 to 30 minutes, brushing with the glaze 2 more times during the final grilling time. Grill until the juices run clear and the thigh registers 190 F.

6. Remove the duck from the grill and brush with glaze one last time. Let the duck rest for 10 minutes. Cut the duck into halves or quarters and serve.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT & EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, IN NEW YORK & WASHINGTON AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

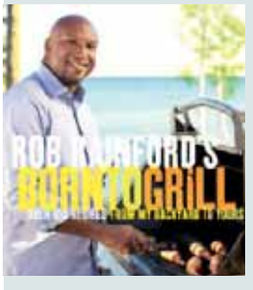
Ingredients

Spicy Watermelon Glaze:
- 1 cup seedless watermelon flesh
- 1/2 cup apple jelly
- Zest and juice of 1/2 lime
- 1 tsp red pepper flakes
- 1/2 tsp jalapeno hot sauce
- Pinch of salt

Grilled Butterflied Duck with Glaze
- 6-lb duck
- 1 tsp kosher salt
- 1/2 tsp coarsely ground black pepper
- Pinch of cayenne pepper
- Olive oil
- Spicy watermelon glaze

Book of the week

Grillmaster lesson



In Born to Grill, Rob Rainford brings barbecue prowess to more than 100 recipes and 20 complete menus from around the world. The book is designed for hosting family and friends around your backyard barbecue.

While there are plenty of great grill classics (with a Rainford twist), he pushes barbecue boundaries with some true grilling originals and expert techniques, like cold smoking. As a result, readers get recipes that move beyond burgers and steaks. Among them are: Rotisserie Butter-and-Sage Cornish Hen, Portobello Mushroom Napoleons, Spanish Paella with Grilled Seafood, Egyptian Lamb Koftas and more.

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Pricing in effect Thursday, July 5 to Sunday, July 8, 2012. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

Federer back in familiar spot at Wimbledon

Roger Federer at Wimbledon on Wednesday. CLIVE ROSE/GETTY IMAGES

After curling in a 102-mph ace to grab a two-set lead a mere 56 minutes into his Wimbledon quarter-final on Wednesday, Roger Federer casually pulled an extra tennis ball from his pocket and strolled to sit in his changeover chair for a sip to drink.

No fist pump. No yell of excitement. No energized jog to the sideline.

There still was work to be done; nothing to be taken for granted. Motivated by the bitter memory of quarter-final losses at the All England Club the past two years, the six-time Wimbledon champion Federer bullied 26th-seeded Mikhail Youzhny of Russia 6-1, 6-2, 6-2 to reach his record 32nd career Grand Slam semifinal.

"Feels great being back in the semis.... Haven't been here in the last couple years," the third-seeded Federer said. "So this is nice, to be back to a place where I've been so many times before."

He'll face a familiar foe on Friday: No. 1 Novak Djokovic, the defending champion, who didn't have too much trouble while beating No. 31 Florian Mayer of Germany 6-4, 6-1, 6-4 in the quarter-finals.

THE ASSOCIATED PRESS

Britain's hope

No. 4 seed Andy Murray of Scotland smacked his 18th ace on match point to finish off No. 7 David Ferrer of Spain 6-7 (5), 7-6 (6), 6-4, 7-6 (4) Wednesday, setting up a tilt with Jo-Wilfried Tsonga on Friday in the semifinals.

Destination Minnesota

NHL. 'Great day in the history' of Wild as Parise, Suter announce free-agency decisions

Ryan Suter and Zach Parise celebrate a Team USA goal at the Winter Olympics in Vancouver in February 2010. HARRY HOW/GETTY IMAGES

The Minnesota Wild were a starless team in need of a big-time jolt to get the franchise back to the point of being worthy of playing in "the State of Hockey."

The jolts don't come any bigger than this.

The Wild landed not one but both of the NHL's top prizes in free agency, signing forward Zach Parise and defenceman Ryan Suter on Wednesday. Each deal is for 13 years and $98 million US, according to three people familiar with the contracts who spoke to The Associated Press on condition of anonymity because the team did not release details.

"WE GOT 'EM!" the Wild announced on their Twitter account early Wednesday afternoon, sending shock waves across the league and through a devoted fan base that was starting to show signs of apathy after missing the playoffs for a fourth straight season.

Parise, the former New Jersey Devils playmaker, and Suter, who paired with Shea Weber on the Nashville blue-line, were regarded as the cream of what was a thin free-agent crop, and each had spent the past four days poring over numerous offers from several teams before making a decision.

"This is a great day in the history of the Minnesota Wild," GM Chuck Fletcher said in a conference call.

Maybe THE greatest. The Wild have had a relatively nondescript existence aside from one stirring run to the Western Conference finals in their second season.

Parise knows the history well, having grown up in the Twin Cities. So he recruited his friend Suter to come help out the hometown team.

"We kept in touch throughout this whole thing and we decided that we thought for both of us that the best fit would be Minnesota," Parise said in a conference call. "We're excited that it worked out and we get a chance to play with each other."

One person said that even the breakdown of the contracts is exactly the same, with both players getting $12 million in each of the first two years. The deals then go down in value, with each player making $1 million in both 2023-24 and 2024-25.

And it's a relative homecoming for Suter, who is from Wisconsin.

"It came down to where I felt my family would like to live," Suter said. "My wife's from Bloomington, Minnesota. That had a lot to do with it. Minnesota has a lot of good young players that I think will help make this team successful."

THE ASSOCIATED PRESS

Quoted

"I don't think you ever go in assuming you're going to land both of them. We shot for the moon, and we tried our best."

Chuck Fletcher, Minnesota Wild GM

NBA. Raptors, Knicks spurned as Nash free-agency saga takes Hollywood turn

Steve Nash GETTY IMAGES FILE

And in the end, it was neither the Knicks nor the Raptors who won the Steve Nash sweepstakes.

The 38-year-old point guard's agent says the two-time NBA MVP is going to the Los Angeles Lakers in a sign-and-trade deal with their bitter rivals the Phoenix Suns. If that's how it turns out — and no deals can be signed until July 11 — it will end one of the more drawn out free-agency sagas of the past few years and one in which the Raptors were firmly involved until eventually being rebuffed.

Bill Duffy says his client agreed to a three-year, $27-million US contract. In return, the Suns get four draft picks — first rounders in 2013 and 2015 and second rounders in 2013 and 2014.

It will be a huge blow to the New York Knicks, who were seemingly close to adding Nash in the middle of the day, and to the Raptors, who took their best shot at signing the most significant free agent from another team in franchise history.

TORSTAR NEWS SERVICE/
THE ASSOCIATED PRESS

Track and field

Amputee track star to make Olympic history in London

Oscar Pistorius during a track meet in March. GETTY IMAGES

Oscar Pistorius will become the first amputee track athlete ever to compete in the Olympic Games this summer in London.

The double-amputee runner from South Africa has spent almost all his life without lower legs and his entire track career proving he's good enough to compete with the best.

He now has the chance to do just that. The 25-year-old Pistorius will run the individual 400 and the 4x400 relay in London. South Africa's Olympic committee and national track federation suddenly decided to clear Pistorius for the 400 at the London Games on his carbon-fibre blades despite his just missing out on the country's strict qualifying criteria.

THE ASSOCIATED PRESS

4 SPORTS

Quoted

"I know at some point in my career when I'm not playing baseball, I might look at it from the outside and be like, 'Whoa, I guess I had a good career.' I look at it right now as just another home run."

David Ortiz's milestone 400th home run became one of the few bright spots for Boston on a disappointing 2-5 road trip out West. Big Papi's home runs rank eighth among active players and 49th on the all-time list. Next up for him to catch: Hall of Famer Duke Snider with 407.

NHL

Carle going back to Tampa Bay

Free-agent defenceman Matt Carle signed a six-year contract with the Tampa Bay Lightning on Wednesday. Carle had four goals and 34 assists while averaging 23:01 minutes per game last season with the Philadelphia Flyers. He led Philly in blocked shots with 164. It's a return to Tampa Bay for Carle, who was traded to the Lightning by San Jose exactly four years ago to the day.

THE CANADIAN PRESS

On the web

Spain's second-straight European championship win only solidified its spot atop the FIFA world rankings, as expected. But a surge in points from other European teams has pushed some traditional powerhouses from around the world down the ranks. Scan the code for the story.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	49	32	.605	—
Baltimore	44	37	.543	5
Tampa Bay	43	39	.524	6½
Boston	42	40	.512	7½
Toronto	42	40	.512	7½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	44	37	.543	—
Cleveland	42	39	.519	2
Detroit	39	42	.481	5
Kansas City	36	44	.450	7½
Minnesota	35	45	.438	8½

WEST DIVISION

	W	L	Pct	GB
Texas	50	32	.610	—
Los Angeles	45	37	.549	5
Oakland	41	42	.494	9½
Seattle	35	49	.417	16

Wednesday's results
N.Y. Yankees 4, Tampa Bay 3
Oakland 3, Boston 2
Cleveland 12, L.A. Angels 3
Baltimore 4, Seattle 2
Toronto 4, Kansas City 1
Chicago White Sox 5, Texas 4, 10 innings
Minnesota at Detroit, 7:05 p.m.

Tuesday's results
Cleveland 9, L.A. Angels 5
Minnesota 8, Detroit 6
Toronto 6, Kansas City 3
Tampa Bay 7, N.Y. Yankees 4
Chicago White Sox 19, Texas 2
Oakland 3, Boston 2
Baltimore 5, Seattle 4

Thursday's games
Minnesota (Diamond 7-3) at Detroit (Porcello 6-5), 1:05 p.m.
Texas (M.Harrison 11-3) at Chicago White Sox (Quintana 3-1), 2:10 p.m.
Tampa Bay (Hellickson 4-4) at Cleveland (Tomlin 4-5), 7:05 p.m.
Kansas City (Hochevar 5-8) at Toronto (H.Alvarez 5-6), 7:07 p.m.
Baltimore (Arrieta 3-9) at L.A. Angels (Richards 2-1), 10:05 p.m.

Friday's Games
Kansas City at Detroit, 7:05 p.m.
Tampa Bay at Cleveland, 7:05 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Minnesota at Texas, 8:05 p.m.
Toronto at Chicago White Sox, 8:10 p.m.
Baltimore at L.A. Angels, 10:05 p.m.
Seattle at Oakland, 10:05 p.m.

CALENDAR

July 10 - All-Star game, Kansas City, Mo.
July 13 - Deadline for amateur draft picks to sign.
July 22 - Hall of Fame induction, Cooperstown, N.Y.
July 31 - Last day to trade a player without securing waivers.
Aug 15-16 - Owners' meetings, Denver.
Sept. 1 - Active rosters expand to 40 players.
Oct. 5 - Postseason begins, wild-card playoffs.
Oct. 7 - Division series begin.
Oct. 13 - League championship series begin.
Oct. 24 - World Series begins.
November TBA - Deadline for teams to make qualifying offers to their eligible former players who became free agents, fifth day after World Series.
November TBA - Deadline for free agents to accept qualifying offers, 12th day after World Series.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	47	32	.595	—
New York	44	38	.537	4½
Atlanta	42	39	.519	6
Miami	39	42	.481	9
Philadelphia	37	46	.446	12

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	45	36	.556	—
Cincinnati	44	36	.550	½
St. Louis	43	39	.524	2½
Milwaukee	38	43	.469	7
Houston	32	50	.390	13½
Chicago	31	50	.383	14

WEST DIVISION

	W	L	Pct	GB
Los Angeles	45	37	.549	—
San Francisco	45	37	.549	—
Arizona	39	41	.488	5
San Diego	32	50	.390	13
Colorado	31	50	.383	13½

Wednesday's results
Washington 9, San Francisco 4
Philadelphia 9, N.Y. Mets 2
Pittsburgh 6, Houston 4
Miami 7, Milwaukee 6, 10 innings
Chicago Cubs 5, Atlanta 1
St. Louis 4, Colorado 1
Cincinnati at L.A. Dodgers
San Diego at Arizona

Tuesday's results
Milwaukee 13, Miami 12, 10 innings
Washington 9, San Francisco 3
Pittsburgh 8, Houston 7
Atlanta 10, Chicago Cubs 3
N.Y. Mets 11, Philadelphia 1
Colorado 3, St. Louis 2
San Diego 9, Arizona 5
L.A. Dodgers 3, Cincinnati 1

Thursday's games
Miami (Buehrle 7-8) at Milwaukee (Fiers 3-2), 2:10 p.m.
Houston (B.Norris 5-5) at Pittsburgh (Karstens 1-2), 7:05 p.m.
San Francisco (M.Cain 9-3) at Washington (Detwiler 4-3), 7:05 p.m.
Chicago Cubs (Garza 4-6) at Atlanta (Minor 4-6), 7:10 p.m.
Philadelphia (Hamels 10-4) at N.Y. Mets (Dickey 12-1), 7:10 p.m.
Colorado (Friedrich 4-5) at St. Louis (Lynn 10-4), 8:15 p.m.
L.A. Dodgers (Eovaldi 0-5) at Arizona (Miley 9-4), 9:40 p.m.
Cincinnati (Latos 7-2) at San Diego (Volquez 5-7), 10:05 p.m.

Friday's games
Atlanta at Philadelphia, 7:05 p.m.
Colorado at Washington, 7:05 p.m.
San Francisco at Pittsburgh, 7:05 p.m.
Chicago Cubs at N.Y. Mets, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Miami at St. Louis, 8:15 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.
Cincinnati at San Diego, 10:05 p.m.

AUTO RACING

NASCAR SPRINT CUP

Through June 30
1. Matt Kenseth, 633 points; 2. Dale Earnhardt Jr., 622; 3. Jimmie Johnson, 610; 4. Greg Biffle, 608; 5. (tie), Denny Hamlin and Kevin Harvick, 565; 7. Clint Bowyer, 557; 8. Martin Truex Jr., 556; 9. Tony Stewart, 545; 10. Brad Keselowski, 537.

BLUE JAYS 4, ROYALS 1

Kansas City	ab	r	h	bi
AGordn lf	4	0	0	0
AEscor ss	4	0	2	0
Hosmer 1b	4	0	0	0
Butler dh	3	0	0	0
YBtncr 2b	4	0	0	0
Mostks 3b	4	1	2	0
Francr rf	3	0	2	1
S.Perez c	3	0	1	0
Dyson cf	2	0	0	0
Bourgs ph-cf	1	0	0	0
Totals	**32**	**1**	**7**	**1**

Toronto	ab	r	h	bi
Lawrie 3b	5	0	2	0
Rasms cf	4	1	1	0
Bautist rf	4	0	2	0
Encrnc 1b	4	1	2	0
Lind dh	3	1	1	0
YEscor ss	3	0	1	2
RDavis lf	3	1	1	1
KJhnsn 2b	3	0	1	1
Arencii c	4	0	1	0
Totals	**33**	**4**	**12**	**4**

Kansas City				000	000	100		1	
Toronto				012	000	10x		4	

E—Rasmus (5). DP—Toronto 2. LOB—Kansas City 5, Toronto 10. 2B—Moustakas (20), Lind (7). 3B—Francoeur (3), R.Davis (3). SB—Moustakas (3). SF—Y.Escobar, R.Davis, K.Johnson.

	IP	H	R	ER	BB	SO
Kansas City						
Mendoza L,3-5	6	9	3	3	1	9
K.Herrera	1	2	1	1	1	0
L.Coleman	1	1	0	0	0	3
Toronto						
Villanueva W,3-0	6	4	0	0	0	7
Frasor H,11	1	2	1	1	1	1
Oliver H,9	1	1	0	0	0	0
Janssen S,11-12	1	0	0	0	0	0

Umpires—Home, Chris Conroy; First, Ed Hickox; Second, Mark Carlson; Third, Angel Hernandez.
T—2:45. A—17,831 (49,260).

CYCLING

TOUR DE FRANCE

At Rouen, France
Wednesday's results
Fourth Stage
1. Andre Greipel, Germany, Lotto Belisol, 5 hours, 18 minutes, 32 seconds; 2. Alessandro Petacchi, Italy, Lampre-ISD, same time; 3. Tom Veelers, Netherlands, Argos-Shimano, same time; 4. Matthew Harley Goss, Australia, Orica GreenEdge, same time; 5. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 6. Jonathan Cantwell, Australia, Team Saxo Bank-Tinkoff Bank, same time; 7. Daryl Impey, South Africa, Orica GreenEdge, same time; 8. Kris Boeckmans, Belgium, Vacansoleil-DCM, same time; 9. Edvald Boasson Hagen, Norway, Sky Procycling, same time; 10. Ruben Perez, Spain, Euskaltel-Euskadi, same time.
11. Gregory Henderson, New Zealand, Lotto Belisol, same time; 12. Jurgen Roelandts, Belgium, Lotto Belisol, same time; 13. Dmitriy Fofonov, Kazakhstan, Astana, same time; 14. Peter Velits, Slovakia, Omega Pharma-QuickStep, same time; 15. Remy Di Gregorio, France, Cofidis, same time; 16. Marcus Burghardt, Germany, BMC Racing, same time; 17. Patrick Gretsch, Germany, Argos-Shimano, same time; 18. Egoi Martinez, Spain, Euskaltel-Euskadi, same time; 19. Janez Brajkovic, Slovenia, Astana, same time; 20. Gorka Izaguirre, Spain, Euskaltel-Euskadi, same time.
Also
21. Andreas Kloeden, Germany, RadioShack-Nissan, same time; 26. Sylvain Chavanel, France, Omega Pharma-QuickStep, same time; 27. Cadel Evans, Australia, BMC Racing, same time; 35. Robert Gesink, Netherlands, Rabobank, same time; 43. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; **45. Ryder Hesjedal, Victoria, B.C.**, Garmin-Sharp-Barracuda, same time; 63. Christopher Horner, United States, RadioShack-Nissan, same time; 64. Frank Schleck, Luxembourg, RadioShack-Nissan, same time; 67. Levi Leipheimer, United States, Omega Pharma-QuickStep, same time; 76. George Hincapie, United States, BMC Racing, same time118. Christian Vande Velde, United States, Garmin-Sharp-Barracuda, 2:08.
119. Fabian Cancellara, Switzerland, RadioShack-Nissan, same time; 121. Tejay Van Garderen, United States, BMC Racing, same time; 151. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 154. Bradley Wiggins, Britain, Sky Procycling, same time; 159. David Zabriskie, United States, Garmin-Sharp-Barracuda, same time; 167. Thomas Danielson, United States, Garmin-Sharp-Barracuda, 2:21 behind; 185. Tyler Farrar, United States, Garmin-Sharp-Barracuda, same time as leader.
Overall Standings
1. Fabian Cancellara, Switzerland, RadioShack-Nissan, 20 hours, 4 minutes, 2 seconds;
2. Bradley Wiggins, Britain, Sky Procycling, 7 seconds behind; 3. Sylvain Chavanel, France, Omega Pharma-QuickStep, same time; 4. Tejay Van Garderen, United States, BMC Racing, :10; 5. Edvald Boasoon Hagen, Norway, Sky Procycling, :11; 6. Denis Menchov, Russia, Katusha, :13; 7. Cadel Evans, Australia, BMC Racing, :17; 8. Vincenzo Nibali, Italy, Liquigas-Cannondale, :18; **9. Ryder Hesjedal, Victoria, B.C., Garmin-Sharp-Barracuda, same time;** 10. Andreas Kloeden, Germany, RadioShack-Nissan, :19.

GOLF

WEEKEND GLANCE

U.S. GOLF ASSOCIATION

U.S. WOMEN'S OPEN
Site: Kohler, Wis.
Schedule: Thursday-Sunday.
Television: ESPN2 (Thursday-Friday, 4-8 p.m.) and NBC (Saturday-Sunday, 3-6 p.m.).
Online: www.usga.org
LPGA Tour site: www.lpga.com

PGA TOUR

GREENBRIER CLASSIC
Site: White Sulphur Springs, W.Va.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday, 3-7 p.m., 7:30-11:30 p.m.) and CBS (Saturday-Sunday, 3-6 p.m.).
Online: www.pgatour.com

CHAMPIONS TOUR

FIRST TEE OPEN
Site: Pebble Beach, Calif.
Schedule: Friday-Sunday.
Television: Golf Channel (Friday, 7:30-9:30 p.m.; Saturday, 2:30-4:30 a.m., 6:30-9:30 p.m.; Sunday, midnight-3 a.m., 7-9:30 p.m.; Monday, midnight-3 a.m.).
Online: www.pgatour.com

EUROPEAN TOUR

FRENCH OPEN
Site: Saint-Quentin-en-Yvelines, France.
Schedule: Thursday-Sunday.
Television: Golf Channel (Thursday-Friday, 8:30 a.m.-12:30 p.m.; Saturday-Sunday, 8 a.m.-noon).
Online: www.europeantour.com

TENNIS

WIMBLEDON

At London
Singles
Men
Quarter-finals
Roger Federer (3), Switzerland, def. Mikhail Youzhny (26), Russia, 6-1, 6-2, 6-2.
Novak Djokovic (1), Serbia, def. Florian Mayer (31), Germany, 6-4, 6-1, 6-4.
Jo-Wilfried Tsonga (5), France, def. Philipp Kohlschreiber (27), Germany, 7-6 (5), 4-6, 7-6 (3), 6-2.
Andy Murray (4), Britain, def. David Ferrer (7), Spain, 6-7 (5), 7-6 (6), 6-4, 7-6 (4).
Doubles
Men
Third Round
Robert Lindstedt, Sweden, and Horia Tecau (5), Romania, def. Steve Darcis and Olivier Rochus, Belgium, 6-4, 7-5, 7-6 (4).
Scott Lipsky and Rajeev Ram, United States, def. Chris Guccione and Lleyton Hewitt, Australia, 6-4, 3-6, 6-4, 6-4.
Jurgen Melzer, Austria, and Philipp Petzschner (10), Germany, def. Mikhail Elgin, Russia, and Denis Istomin, Uzbekistan, 6-4, 6-4, 5-7, 6-7 (9), 16-14.
Bob and Mike Bryan (2), United States, def. Arnaud Clement and Michael Llodra, France, 7-6 (5), 6-4, 3-6, 4-6, 6-2. Quarterfinals
Jonathan Marray, Britain, and Frederik Nielsen, Denmark, def. James Cerretani, United States, and Edouard Roger-Vasselin, France, 7-6 (5), 7-6 (4), 6-7 (3), 2-6, 6-2.
Women
Second Round
Serena and Venus Williams, United States, def. Maria Kirilenko and Nadia Petrova (4), Russia, 3-6, 6-3, 9-7.
Third Round
Sara Errani and Roberta Vinci (2), Italy, def. Agnieszka and Urszula Radwanska, Poland, walkover.
Serena and Venus Williams, United States, def. Bethanie Mattek-Sands, United States, and Sania Mirza (13), India, 6-4, 6-3.
Quarter-finals
Liezel Huber and Lisa Raymond (1), United States, def. Ekaterina Makarova and Elena Vesnina (5), Russia, 7-6 (4), 6-3.
Nuria Llagostera Vives and Maria Jose Martinez Sanchez (9), Spain, vs. Flavia Pennetta and Francesca Schiavone, Italy, 2-6, 7-6 (7), 2-2, susp., darkness.
Mixed
Second Round
Mikhail Kukushkin and Yaroslava Shvedova, Kazakhstan, def. Mariusz Fyrstenberg, Poland, and Abigail Spears (9), United States, 6-3, 7-5.
Alexander Peya, Austria, and Anna-Lena Groenefeld (16), Germany, def. Bruno Soares, Brazil, and Jarmila Gajdosova, Australia, 6-4, 5-7, 6-4.
Leander Paes, India, and Elena Vesnina (4), Russia, def. Ashley Fisher, Australia, and Mona Barthel, Germany, 6-3, 6-3.
Bob Bryan and Liezel Huber (1), United States, def. Johan Brunstrom, Sweden, and Andreja Klepac, Slovenia, 4-6, 6-4, 6-4.
Colin Fleming, Britain, and Hsieh Su-wei, Taiwan, def. Aisam-ul-Haq Qureshi, Pakistan, and Andrea Hlavackova (7), Czech Republic, 6-3, 6-7 (5), 6-1.
Daniel Nestor, Toronto, and Julia Goerges (8), Germany, def. Mikhail Elgin, Russia, and Galina Voskoboeva, Kazakhstan, 4-6, 6-3, 6-4.
Third Round
Nenad Zimonjic, Serbia, and Katarina Srebotnik (3), Slovenia, def. Kenneth Skupski and Melanie South, Britain, 6-4, 6-7 (5), 9-7.
Mike Bryan and Lisa Raymond (2), United States, def. Alexander Peya, Austria, and Anna-Lena Groenefeld (16), Germany, 6-3, 7-5.
Rohan Bopanna, India, and Zheng Jie (10), China, def. Daniele Bracciali and Roberta Vinci (6), Italy, 6-0, 6-3.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	1	0	1	0	16	33	0
Hamilton	1	0	1	0	16	43	0
Toronto	1	0	1	0	15	19	0
Montreal	1	0	1	0	10	38	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	1	1	0	0	43	16	2
Calgary	1	1	0	0	38	10	2
B.C.	1	1	0	0	33	16	2
Edmonton	1	1	0	0	19	15	2

WEEK TWO
All Times Eastern
Friday's games
Winnipeg at Montreal, 7 p.m.
Hamilton at B.C., 10 p.m.
Saturday, July 7
Calgary at Toronto, 3 p.m.
Sunday, July 8
Edmonton at Saskatchewan, 7 p.m.

SOCCER

MLS

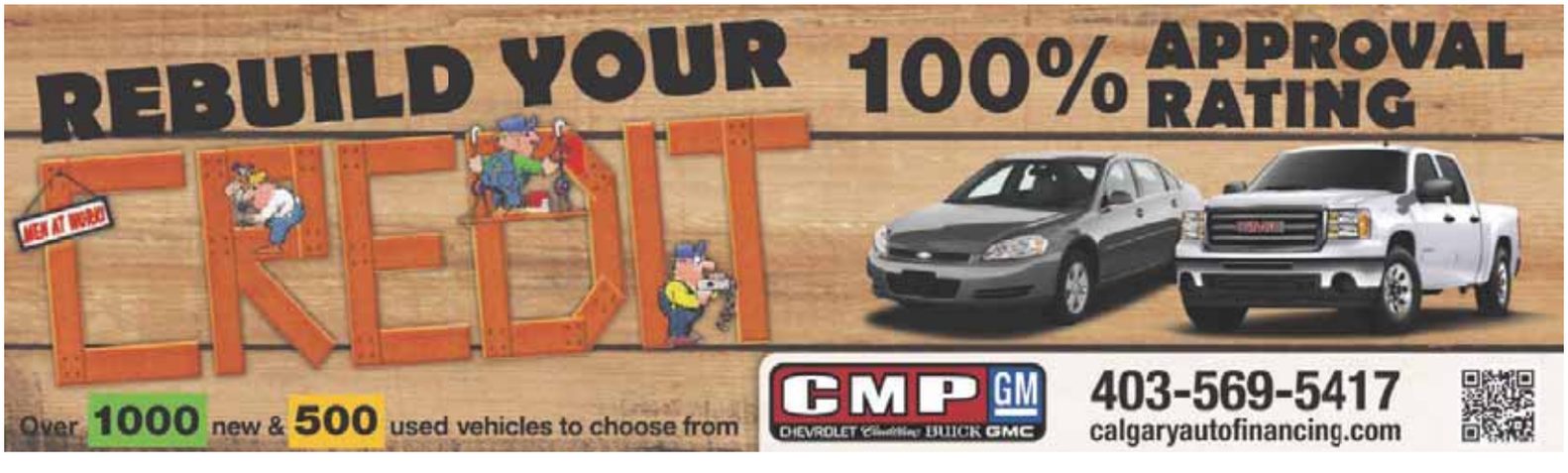
EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
Kansas City	17	10	5	2	23	17	32
New York	17	9	4	4	32	25	31
Chicago	17	8	5	4	21	19	28
Houston	17	6	5	6	22	24	24
Columbus	15	6	5	4	16	15	22
New England	16	5	7	4	22	22	19
Montreal	19	5	11	3	25	35	18
Philadelphia	14	3	9	2	13	17	11
Toronto	16	2	10	4	18	30	10

WESTERN CONFERENCE

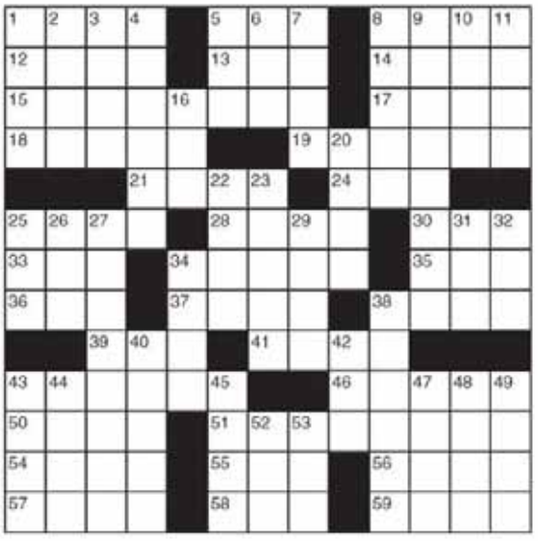
	GP	W	L	T	GF	GA	Pt
San Jose	18	11	4	3	36	24	36
Real Salt Lake	18	10	6	2	28	21	32
Vancouver	17	8	4	5	19	19	29
Seattle	17	7	5	5	21	18	26
Colorado	17	7	9	1	24	22	22
Los Angeles	17	6	9	2	25	27	20
Portland	16	5	7	4	16	21	19
Chivas USA	16	5	7	4	11	18	19
Dallas	18	3	9	6	17	27	15

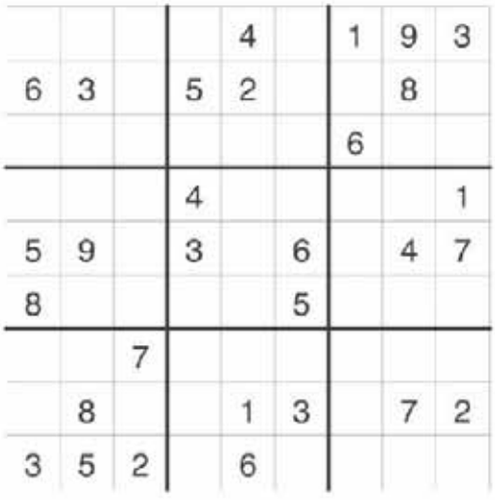
Note: Three points for a win, one for a tie.
Wednesday's results
Vancouver 1 Colorado 0
Toronto 1 Dallas 1
Kansas City 3 Montreal 1
Seattle at Real Salt Lake
Philadelphia at Los Angeles
Tuesday's results
Houston 0 Chicago 0
Portland 2 San Jose 1
Saturday's games
Houston at Kansas City, 8 p.m.
San Jose at Dallas, 9 p.m.
Portland at Real Salt Lake, 9 p.m.
Vancouver at Chivas USA, 10:30 p.m.
Colorado at Seattle, 11 p.m.
Sunday's games
Los Angeles at Chicago, 3 p.m.
Toronto at Philadelphia, 4 p.m.
New York at New England, 7 p.m.
Columbus at Montreal, 7:30 p.m.



Across
1 Curved lines
5 Foundation
8 Dame Myra at the piano
12 Basketball hardware
13 Candle tally
14 European capital
15 Alienate
17 On
18 Small plateaus
19 Entitlements
21 Capri, e.g.
24 Turn blue?
25 Existed
28 Tennis legend Arthur
30 Danson or Koppel
33 Type measures
34 Sen. Kefauver
35 George's brother
36 Eccentric
37 Teeny bit
38 Con game
39 Scull prop
41 Heap
43 Revolutionary War traitor
46 Goof-up
50 Poker holding
51 Rough calculation
54 Expectorated
55 Shelter
56 "Ars Amatoria" poet
57 Sicilian spouter
58 Actress Thompson
59 Capone adversary

Down
1 Attention-getting sound
2 Kennedy matriarch
3 Barracks array
4 Ankle woe
5 Prohibition
6 Heckler's missile
7 Antelope's playmate
8 Songwriter Carmichael
9 Appreciative of beauty (Var.)
10 Coin aperture
11 Bribes
16 Fool
20 Mid-month date
22 Ultimate
23 Bar legally
25 Stein or Stiller
26 Ostrich's kin
27 Tallinn dweller
29 Half (Pref.)
31 Mound stat
32 Flow blocker
34 Count counterpart
38 Preacher's speech
40 Heart line?
42 Luau souvenir
43 Basilica section
44 Engrossed
45 Farmer's place
47 Big dance party
48 He gave us a lift
49 Ohio nine
52 Witness
53 Mad Hatter's quaff





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SFA RHJ EWUNWDW MGFM FSMHQ OFSV OJKM WCBUHRWP F UNDW-NA GHJKWVWWBWQ MH EW GNK UWCCHA FNPW?

Yesterday's Cryptoquip: IF YOU ARE SHREDDING PAPERS IN A CRAZY FRENZY, SOME PEOPLE MIGHT CLAIM YOU'RE ON A TEAR.

Today's Cryptoquip Clue: M equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TODAY	FRIDAY	SATURDAY
MAX: 23° MIN: 9°	MAX: 22° MIN: 13°	MAX: 28 MIN: 11°

BT BREAKFAST TELEVISION
ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. You will get what you want just when you want it today and will overcome your rivals with ease.

Taurus | April 21 - May 21. Be clear in your mind what needs to be done and do it now, this very moment – not at some ill-defined date in the future.

Gemini | May 22 - June 20. Before you go sticking your nose in other people's business today you would do well to remember that the most productive changes you can make are to your own affairs.

Cancer | June 21 - July 22. You are determined to prove you have what it takes but don't go too far and risk turning people against you

Leo | July 23 - Aug. 22. If there are things in your life that you want to improve, now is the time to identify them and prepare yourself for the changes you will have to make.

Virgo | Aug. 23 - Sept. 22. Because you are a creature of habit you don't like to rock the boat, but the planets are now urging you to try something different, even if it means turning others against you

Libra | Sept. 23 - Oct. 22. If you see something you desire today you must seize it for yourself before your rivals beat you to it.

Scorpio | Oct. 23 - Nov. 21. Try not to feel too hard done by if an authority figure forces you to change what you are doing today because in the long-term you will benefit in ways you cannot yet see

Sagittarius | Nov. 22 - Dec. 21. This will be one of those days when everything goes right without much of an effort but that is not an excuse to sit back and do nothing

Capricorn | Dec. 22 - Jan 20. Take upheavals in your stride today and refuse to get annoyed when things don't work out the way you expected.

Aquarius | Jan. 21 - Feb 18. You will have to let a friend or colleague down today and it may not do your relationship a lot of good

Pisces | Feb. 19 - March 20. Ignore what everyone else is doing and do only what feels right to you. Come the weekend it will be apparent that you were right and they were wrong but try not to gloat about it – too much.

SALLY BROMPTON

Caption Contest

"You're not from around here, are you kid?"
Megan

ELISE AMENDOLA/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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